

## 14 Day Shred Your Bodyfat Meal Plan (Week 1)

\*Helpful supplements include Liquid Zinc Sulphate and Vitamin B12 to boost liver function and immunity from pathogens.

\*Aim for 2.5ltrs of water during the day to stay hydrated, assist with elimination and manage portion sizes

\*Avoid eggs, cheese, dairy, wheat, tuna and aim to reduce stress.

\*ALL animal protein sources are a palm size serving PER DAY only, apart from cheat meals or “flat” days.

| Time          | Monday                        | Tuesday                                     | Wednesday   | Thursday  | Friday                                      | Saturday                   | Sunday                        |
|---------------|-------------------------------|---|---|---|---|----------------------------|-------------------------------|
| <u>7.30AM</u> | Blue Banana Detox Smoothie    | Fruit salad (banana, peaches, strawberries) | Blue Banana Detox Smoothie                        | Fruit salad (banana, peaches, strawberries)       | Fruit salad (banana, peaches, strawberries) | Blue Banana Detox Smoothie | 1 x Black Coffee & Fast       |
| <u>10am</u>   | Red apple + celery sticks     | Red apple + carrot sticks                   | Handful of grapes                                 | Rice Crackers & Tomato slices                     | Celery & Dates                              | Celery & Dried Apricots    | Fast                          |
| <u>12PM</u>   | Buddha Bowl                   | Chicken Salad                               | Buddha Bowl                                       | Falafel Turkish Salad                             | Falafel Turkish Salad                       | Fruit Salad Medley         | Blue Banana Detox Smoothie    |
| <u>3-4PM</u>  | Rice Crackers & Tomato slices | Rice Crackers & Tomato slices               | Frozen Fruit Bowl                                 | Frozen Fruit Bowl                                 | Red apple + Carrot sticks                   | Red apple + Carrot sticks  | Palmful of skinless chicken   |
| <u>6-7PM</u>  | Roast Vegetable Medley        | Roast Vegetable Medley                      | ½ palm of roast chicken with roast veges & greens | ½ palm of roast chicken with roast veges & greens | Pear & Rocket Salad + ½ palmful of chicken  | Cheat Meal                 | Lime & Turmeric Coconut Curry |

## 14 Day Shred Your Bodyfat Meal Plan (Week 2)

| Time          | Monday                        | Tuesday                            | Wednesday                                | Thursday                                 | Friday                          | Saturday                        | Sunday                     |
|---------------|-------------------------------|------------------------------------|--|--|---------------------------------|---------------------------------|----------------------------|
| <u>7.30AM</u> | Blue Banana Detox Smoothie    | Black Coffee/tea + Fast (optional) | Blue Banana Detox Smoothie               | Black Coffee/tea + Fast (optional)       | Blue Banana Detox Smoothie      | Fruit salad                     | Black Coffee/tea +Fast     |
| <u>10am</u>   | Red apple + vege sticks       | Red apple + vege sticks            | Rice Crackers & Tomato Slices            | Rice Crackers & Tomato Slices            | Celery & carrot Sticks & hummus | Celery & carrot Sticks & hummus | Fast                       |
| <u>12PM</u>   | Buddha Bowl                   | Buddha Bowl                        | Mixed Vegetable Salad + Optional chicken | Blue Banana Detox Smoothie               | Falafel & Rocket Salad          | Falafel & Rocket Salad          | Blue Banana Detox Smoothie |
| <u>3-4PM</u>  | Handful of rice crackers      | Blue Banana Detox Smoothie         | Red apple + Handful of Celery sticks     | 2 x Kiwifruit + Handful of Celery sticks | Bowl of Grapes/chopped fruit    | Bowl of Grapes/chopped fruit    | Apple (or alternative      |
| <u>6-7PM</u>  | Lime & Turmeric Coconut Curry | Warm Potato Salad                  | ½ palmful of Roast chicken + veges       | ½ palmful of Roast chicken + veges       | Buddha Bowl                     | Cheat Meal                      | Buddha Bowl                |