14 DAY SHRED YOUR BODYFAT MEAL PLAN (WEEK 1)

JENNINGS
HOLISTIC HEALTH COACHING

*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
7.30 AM	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
10:00 AM	Red apple + celery sticks	Red apple + carrot sticks	Handful of grapes	Rice Crackers & Tomato slices	Celery & Dates	Celery & Dried Apricots	Fast
12:00 PM	Buddha Bowl	Chicken Salad	Buddha Bowl	Falafel Turkish Salad	Falafel Turkish Salad	Fruit Salad Medley	Blue Banana Detox Smoothie
3:00-4:00 PM	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
6:00-7:00 PM	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

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14 DAY SHRED YOUR BODYFAT MEAL PLAN (WEEK 2)

JENNINGS
HOLISTIC HEALTH COACHING

*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
7.30 AM	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
10:00 AM	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
12:00 PM	Buddha Bowl	Buddha Bowl	Mixed Vegetable Salad + Optional chicken	Blue Banana Detox Smoothie	Falafel & Rocket Salad	Falafel & Rocket Salad	Blue Banana Detox Smoothie
3:00-4:00 PM	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
6:00-7:00 PM	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

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