

Meal Plan Volume 11

*500ml of Celery Juice is recommended first thing in the morning to boost the liver even on fast days (or lemon juice)

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

*Remember to have a palm size piece of animal meat per day if you get hungry

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<u>7.30am</u>	Banana/Water melon/passionfruit fruit salad	Banana/Water melon/passionfruit fruit salad	Raw Blueberry Pie	Raw Blueberry pie	Fast	Raw Blueberry pie	Optional fast after cheat meal
<u>10am</u>	1/4 - 1/2 avocado with carrot sticks	1/4 - 1/2 avocado with carrot sticks	Vege sticks & hummus	Vege sticks & hummus	Fast	Vegetable sticks & hummus	Fast
<u>12pm</u>	Apple, Celery & Walnut Salad	Apple, Celery & Walnut Salad	Watermelon, mint & lime bowl	Watermelon, mint & lime bowl	Orange, mint & apple salad	Orange, mint & apple salad	Banana Mango Smoothie
<u>3-4pm</u>	1 or 2 handfuls of mixed berries	1 or 2 handfuls of mixed berries	Apple or grapes	Apple slices & Celery sticks	Apple slices & Celery sticks	Banana Mango passionfruit smoothie	Vegetable sticks & hummus
<u>6-7PM</u>	Lentil Moussaka	Lentil Moussaka	Roast Capsicum Burrito Bowl	Roast Capsicum Burrito Bowl	Optional Turkish Falafel Salad	Cheat Meal	Mexican Beans & Brown Rice

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<u>7.30AM</u>	Banana Mango passionfruit smoothie	Fast	Island Fruit Salad	Island Fruit Salad	Raw Blueberry pie	Raw Blueberry pie	Fast
<u>10am</u>	½ Apple	Fast	Palm of walnuts + Apricots	Palm of walnuts & Apricots	Palm of walnuts & Apricots	½ Apple	Fast
<u>12PM</u>	Lime, Turmeric & Coconut Curry	Apple, Celery & Walnut Salad	Orange, mint & apple salad	Orange, mint & apple salad	Orange, mint & apple salad	Chicken Lettuce Wraps	Chicken Lettuce Wraps
<u>3-4PM</u>	2 to 3 pieces of watermelon	2 to 3 pieces of watermelon	Golden Queen Peach or grapes	Golden Queen Peach or grapes	Apple slices & Celery sticks	Apple slices & Celery sticks	Vege sticks & hummus
<u>6-7PM</u>	Mexican Beans & Brown Rice	Mexican Beans & Brown Rice	Baked Falafel & Roastie Salad	Baked Falafel & Roastie Salad	Bun-less Burger	Cheat Meal	Mexican Beans & Brown Rice