MEAL PLAN VOLUME 7

JENNINGS
HOLISTIC HEALTH COACHING

VOLUME 7 WEEK ONE

*Drink Chamomile tea each night to assist with wind down
*Aim for 2 to 3 litres of water during the day to stay hydrated, assist with elimination and manage portion sizes
*Adjust fast days and meal times to suit your schedule. Fast until 12pm minimum, although feel free to fast longer.
*ALL *animal* protein sources are a palm size serving only, and once per day apart from cheat meals or “flat” days.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Salted Chocolate, Banana & Peanut butter shake	Fast until 12pm	Salted Chocolate, Banana & Peanut butter shake	Homemade Paleo Cereal	Salted Chocolate, Banana & Peanut butter shake	Avocado, Kiwi & Lime Smoothie	Fast until 12pm
12:00 PM	2 x Chicken Lettuce Wraps	Leftover 5 Minute Chickpea curry	Leftover Marinated Chicken Kebabs	Leftover Avocado & Watermelon Salad	Summer Salad	Salted Banana & Avocado	Salted Banana & Avocado
3:00-4:00 PM	1 apple	Vege sticks & hummus	1 x palmful of berries	Vege sticks & hummus	1 apple	1 x Closed fistful of nuts & seeds	1 apple
6:00-7:00 PM	5 Minute Chickpea Curry	Marinated Chicken Kebabs	Avocado & Watermelon Salad	Vegan Saagwala	Optional Turkish Falafel Salad (Takeaway)	GF Crumbed Spicy Chicken or Cheat Meal	Leftover GF Crumbed Spicy Chicken

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MEAL PLAN VOLUME 7

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VOLUME 7 WEEK TWO

*Feel free to adjust fast days and meal times to suit your schedule.
*Fast days in week two push out to 3pm or longer if you feel comfortable.
*Got questions? Get in touch.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Paleo Cereal	Salted Chocolate, Banana & Peanut Butter Shake	Avocado, Kiwi & Lime Smoothie	Fast	Salted Chocolate, Banana & Peanut Butter Shake	Avocado, Kiwi & Lime Smoothie	Fast
12:00 PM	Summer Salad	Summer Salad	Chicken Lettuce Wraps	Fast	Chicken Lettuce Wraps	5 minute Chickpea Curry	Fast
3:00-4:00 PM	Palmful of berries	1 apple	Vege sticks & hummus	1 apple or piece of fruit	Vege sticks & Hummus	1 piece of fruit	Salted Chocolate, Banana & Peanut Butter Shake
6:00-7:00 PM	Lazy Mans Roast	Leftover Lazy Mans Roast	Avocado & Watermelon Salad	Leftover Avocado & Watermelon Salad	5 minute Chickpea Curry	Scotch Fillet w/ veges OR Cheat Meal	Leftover GF Crumbed Spicy Chicken

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