MEAL PLAN VOLUME 9

WEEK ONE

- This plan is a low-fat plan, so you may need some vege sticks & hummus or a half piece of fruit mid-morning
- Aim for 2.5ltrs 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 PER DAY only, apart from cheat meals or “flat” days.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Apple Porridge w/cinnamon & raisins	Fast until 12pm	Apple Porridge w/cinnamon & raisins	Bowl of berries & banana	Berry & Banana smoothie	Mixed fruit bowl (use fruit of your choice)	Fast until 12pm (incl optional celery juice)
12:00 PM	2 x Chicken Lettuce Wraps w/palmful of chicken	2 x Chicken Lettuce Wraps w/palmful of chicken	Vege sticks & hummus	Leftover Lentil Tacos	Turkish falafel salad (takeaway option)	1 cup of roasted Vegetables (potato, kumara etc)	Berry & banana smoothie
3:00-4:00 PM	Oranges	Fruit Bowl	1 serve of rice crackers & tomato slices	Red apple & celery sticks	1 serve of rice crackers & tomato slices	Apples	Vege sticks & Hummus
6:00-7:00 PM	Baked Falafel w/mint tahini sauce	Leftover Baked Falafel w/mint tahini sauce	Lentil Tacos	Bun less Burger	Homemade Bun less Burger	Cheat Meal	1 cup of roasted Vegetables (potato, kumara

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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.
- Replace suggested fruit with more seasonal produce if required.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Liver Rescue Smoothie	Liver Rescue Smoothie	Raw Apple Crumble	Fast	Raw Apple Crumble	Raw Berry Crumble	Fast
12:00 PM	Buddha bowl	Buddha bowl	2 x Chicken Lettuce Wraps w/palmful of chicken	Fast	2 x Chicken Lettuce Wraps w/palmful of chicken	Peach & Ginger Sorbet	Fast
3:00-4:00 PM	Bowl of grapes	Bowl of grapes	1 serve of rice crackers & tomato slices	Red apple & 1 serve of rice crackers & tomato slices	2 to 4 Baked mini Muffins	2 to 4 Baked Mini Muffins	Leftover Peach & Ginger sorbet
6:00-7:00 PM	Potato Bruschetta	Leftover Potato Brushetta	Roasted Vegetable Pasta	Leftover Roasted Vegetable Pasta	Falafel Salad (takeaways)	Cheat Meal	Bunless Burger

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