

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 7am	3 x scrambled eggs with cherry tomatoes, 30g zucchini, English spinach, chilli and pepper	Handful of strawberries or blueberries, 1 cup oatmeal, water or almond milk	3 x boiled eggs, an in the rush breakfast	3 x scrambled eggs with cherry tomatoes, 30g zucchini, English spinach, chilli and pepper	Handful of strawberries or blueberries, 1 cup oatmeal, water or almond milk	3 x boiled eggs, an in the rush breakfast	3 x scrambled eggs with cherry tomatoes, 30g zucchini, English spinach, chilli and pepper
Morn Tea 10am	30G Raw Organic Almonds	Protein smoothie with 30G Raw vegan protein powder, almond milk or water and 30g berries	6 x Strawberries	30G Raw Organic Almonds	Protein smoothie with 30G Raw vegan protein powder, almond milk or water and 30g berries	6 x Strawberries	30G Raw Organic Almonds
Lunch 1pm	1 x Chicken Breast Garlic, Ginger and Turmeric) with 1 stalk broccolini, 30G Pumpkin and 30g Cauliflower	150g lean Lamb with rosemary and garlic, 3 sprigs cauliflower, ½ carrot, ¼ Sweet potato	2 x chicken thighs with Cajun chicken spice, cabbage, asparagus and pumpkin	150-200g Fresh Caught Fish with lemon, ginger, pumpkin, snow peas and string beans (turmeric)	200g fresh fish, garlic, ginger lemon, fresh chilli, broccolini, cauliflower and Asian greens	2 x Chicken thighs with chilli, garlic and ginger. Red cabbage, red capsicum, mushrooms and English spinach	150g lean pork, garlic, ¼ sweet potato, string beans, cabbage.
Arvo Tea 4pm	3-4 slices of FRESH Pineapple	30G Almonds	30g WPI Protein Powder with Water	3-4 slices of FRESH Pineapple	30G Almonds	30g WPI Protein Powder with Water	3-4 slices of FRESH Pineapple
Dinner 7pm	150-200g Fresh Caught Fish with 2 Kale Leaves, 8 strips red capsicum, 30G Purple Cabbage, 20g Goats Cheese garnished with slivered almonds, balsamic vinegar, lemon and ginger	150-200g LEAN grass-fed pork with curry powder, chilli, garlic. 1 cup English spinach, ½ grated carrot, 2 mushrooms sliced, 20 g walnuts with fresh lime juice and pepper to garnish	150-200g Fish with lemon, ginger and pepper, cos lettuce, cherry tomatoes, dried cranberries, 30g feta, grated carrot, snow pea sprouts. Olive oil and mustard dressing	1 x chicken breast with fresh basil, garlic and ginger. Coriander. 2 big kale leaves, almond slithers, fresh beetroot, celery, zucchini and balsamic	150-200g lean Lamb with rosemary, garlic, ginger and pepper. Cos lettuce, 3 mushrooms, 4 cherry tomatoes, 20 g walnuts lemon and lime if a little cheeky 30 g feta	Have a treat of pasta or rice or a favourite dish Enjoy a wine or 2 and a delicious dessert ☺	1 x chicken breast with garlic, lemon, and Cajun. English spinach, almond slithers, dried cranberries, ¼ avocado and grated carrot. Balsamic dressing
	Cup of herbal tea	Cup of herbal tea	Cup of herbal tea	Cup of herbal tea	Cup of herbal tea	Cup of herbal tea	Cup of herbal tea
Drinks	1.5-2L of water	1.5-2L of water	1.5-2L of water	1.5-2L of water	1.5-2L of water	1.5-2L of water	1.5-2L of water



Important Guidelines:

- All Chicken organic
- All pork and lamb grass fed
- All Fish fresh caught (NOT Farmed)
- All Eggs free range
- NO BEEF During the week (High sodium and acid levels)
- Less Gluten and processed carbs
- Less Dairy
- Fruits – stick to berries, pineapple and avocado
- No added salt, sugar or sauces – use turmeric, garlic, ginger, basil, curry, chilli etc
- Use fresh foods ALWAYS
- No takeaway, chocolate, ice cream or sweets during the week
- No peanuts and all nuts raw unsalted
- Have protein and oats with water not milk
- When using milk preferably almond or nut milk
- No fruit juice, flavoured milk or soft drink
- Stick to herbal tea, protein and water
- No milk or sugar with coffee and no more than 1 coffee each day maximum

Supplements:

1. Raw vegan Protein
2. L-carnitine
3. Super Greens