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|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
| **Monday** | **Lemon water on waking****Green or White Tea 1 hour later****2 Eggs with a green side** | **2 x 8oz glasses of water between meals and one before lunch****Breast of chicken with a salad** | **2 x 8oz glasses of water between meals and one before dinner****Turkey chili**  | **Nuts, seeds, apple, grapefruit, watermelon, strawberries or any red berries of your choice** |
| **Tuesday** | **Watermelon with meal supplements** | **Omelet of your choice** | **Butter chicken with cauliflower rice** | **Nuts, seeds, apple, grapefruit, watermelon, strawberries or any red berries of your choice** |
| **Wednesday** | **Yogurt and mixed berries with supplements**  | **Broccoli soup (make enough to freeze)** | **Spicy chicken goujons with salad or any veg**  | **Nuts, seeds, apple, grapefruit, watermelon, strawberries or any red berries of your choice** |
| **Thursday** | **Grapefruit with meal supplements**  | **Tuna and sweet potato salad** | **Herby salmon steaks with green veg** | **Nuts, seeds, apple, grapefruit, watermelon, strawberries or any red berries of your choice** |
| **Friday** | **Any egg dish with a green side of your choice** | **Turkey burgers with a side dish of any green veg** | **Herby tuna with salad** | **Nuts, seeds, apple, grapefruit, watermelon, strawberries or any red berries of your choice** |
| **Saturday** | **Berry Smoothie** | **Egg muffins with any greens or salad** | **Spicy coconut tiger prawns served on a bed of cauliflower rice** | **Nuts, seeds, apple, grapefruit, watermelon, strawberries or any red berries of your choice** |
| **Sunday** | **Organic Eggs and 2 bacon, grilled tomatoes and mushrooms** | **Roast chicken with sliced roasted sweet potatoes and greens of your choice, kallo gravy** | **Baked trout with almonds** | **Nuts, seeds, apple, grapefruit, watermelon, strawberries or any red berries of your choice** |