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|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
| **Monday** | **Lemon water on waking**  **Green or White Tea 1 hour later**  **Easy 2 egg omelet** | **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** | **Crunchy Spelt Bran Flakes with coconut/unsweetened almond milk \*** | **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 warmed mixed berries with flaxseed and cinnamon** | **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** | **2 Poached eggs with rye bread** | **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** | **Honeydew melon with ¼ teaspoon of cinnamon, ½ teaspoon of raw cocoa powder \*** | **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** | **Organic Eggs and 2 bacon, grilled tomatoes and mushrooms** | **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** | **Berry Smoothie** | **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** |

**NOTES:**

Crunchy Spelt bran flakes bought from all good supermarkets

Coconut milk bought from Sainsbury’s in the long life milk section

Unsweetened Almond milk bought from Sainsbury’s from the long life milk section

Cinnamon can be purchased from any good health shop

Raw cocoa powder can be purchased from any good health shop

**Resources:**

Janine's health store. Ormskirk market hall. Moorgate. Ormskirk. L39 4RT. 07856855292

Barnett’s health store 133 St John's Rd, Waterloo, Liverpool L22 9QE 0151 949 0004

Mattas International Food Store 51 Bold St, Liverpool L1 4EU Phone 0151 709 3031