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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** | **2 boiled eggs with spinach and Palma ham** | **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** | **Yogurt and warmed mixed berries with flaxseed and cinnamon** | **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** | **Organic Eggs and 2 bacon, grilled tomatoes and mushrooms \*** | **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** | **FAST TILL LUNCH TIME**  **Ensure you have your normal amount of fluids \*** | **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** | **Banana pancake with full fat yogurt sprinkled with cinnamon and raw organic cocoa powder \*** | **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

Full fat yogurt goes against the philosophy of no dairy but its down to the individual to moderate the intake of any food, this is a lifestyle and nothing is prohibited, you just need to be mindful of what you eat on a regular basis and if the results are not forthcoming then something will need to be changed

Always go for un-smoked back bacon and closed button mushrooms (organic if possible) this meal is a treat to be fair so don't beat yourself up if you go for smoked bacon, the idea is to treat but to make the best choices you can

**FASTING is only suggested if you have NO medical conditions**

**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