

DAY 7

MEAL 1:

Power Breakfast

30g Oats cooked with
100ml coconut milk
Add 2 egg whites beaten
Handful pecans
1 spoon chia seeds

MEAL 2:

Protein Snack

Greek yogurt with
2 spoons chia seeds

MEAL 3:

Power Salad

1 chicken breast
1 boiled egg
2 cherry tomatos
1/4 chopped avocado
100g spinach
50g beansprouts
Olive oil
1/2 red chilli

MEAL 4:

Protein Shake

1 egg white
300ml coconut milk
scoop hemp
100ml apple juice

MEAL 5:

Grilled Chicken or Fish

2 cups steamed broccoli

Healthy Tip:

Refined Sugar:

Besides staying away from table sugar and sweets, watch for added sugar hidden everywhere. Learn the many different sugar names and check all packaged, canned and processed foods, such as cereals, prepared meats, bakery goods, jams, etc.

DAY 8

MEAL 1:

Power Breakfast

30g Oats cooked with
100ml coconut milk
2 eggs scrambled

MEAL 2:

Protein Snack

Greek yogurt with blueberries
2 spoons chia seeds

MEAL 3:

Power Salad

1 chicken breast
1 courgette grated
3 cherry tomatos
1 spoon hummus
4 blueberries

MEAL 4:

Protein Shake

2 egg whites
300ml coconut milk
scoop hemp

MEAL 5:

Chicken Fajita with Spicy Avocado Dressing (serves 4)

4 chicken breasts, cut into strips
1 lime, juiced
2 teaspoons cumin
1 teaspoon paprika
¼ to ½ teaspoon chili powder
½ teaspoon sea salt
olive oil or coconut oil for cooking

Dressing:

2 small avocados
¾ cup water
¼ cup squeezed lime juice
1 chilli pepper
1 clove garlic, peeled
handful fresh coriander
½ teaspoon sea salt

DAY 9

MEAL 1:

Power Breakfast

30g Oats cooked with
100ml coconut milk
Add 2 egg whites beaten
Handful pecans
1 spoon chia seeds

MEAL 2:

Protein Snack

handful almonds

MEAL 3:

Chicken Salad

1/4 cup greek yogurt
3 tbsp apple cider vinegar
1/2 spoon agave syrup
1 1/2 teaspoons poppy seeds
1/4 teaspoon salt
Pepper, to taste
1 bag mixed salad greens
2 x chicken breast
1 chopped apple
1/4 cup chopped walnuts, toasted
1/4 cup crumbled feta cheese

Whisk greek yogurt, vinegar, agave, poppy seeds, and pepper in a bowl. Add 1/4 dressing to the mixed greens in bowl. Divide among 4 plates and top with chicken, apple, walnuts and feta.

MEAL 4:

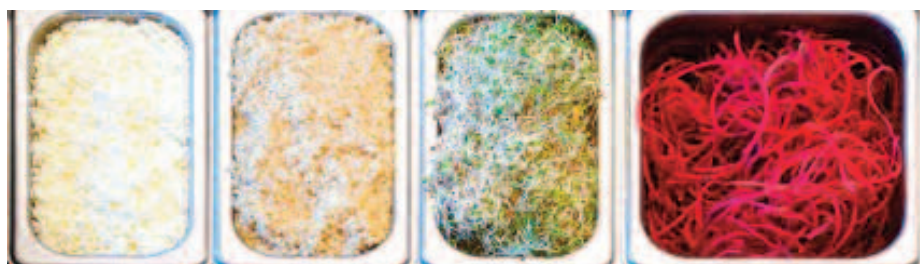
Protein Shake

2 egg whites
300ml coconut milk
1 x scoop whey

MEAL 5:

Grilled Fish Stir fry (serves 2)

Grill fish of choice
2 tbsp cooked brown rice per person
slice fresh ginger
1/2 chilli (optional)
1 onion finely diced
1 yellow pepper
1 red pepper
Handful mangetout
Handful spinach
toasted pine nuts
1 garlic clove crushed
Grill fish, 7-10 minutes
Fry onions for 5 minutes add garlic
add remaining veg and dash of soya sauce (gluten free). Cook rice in water don't add salt for 10-12 minutes. Add spinach at the end.



DAY 10

MEAL 1:

Power Breakfast

30g Oats cooked with
100ml coconut milk
Add 2 egg whites beaten
Handful pecans
1 spoon chia seeds

MEAL 2:

Protein Snack

Greek yogurt with
2 spoons chia seeds

MEAL 3:

Power Salad

1 chicken breast
1 boiled egg
2 cherry tomatoes
1/4 chopped avocado
100g spinach
50g beansprouts
Olive oil
1/2 red chilli

MEAL 4:

Protein Shake

1 egg white
300ml coconut milk
scoop hemp

MEAL 5:

Grilled Turkey (serves 2)

Olive oil
1 tsp coriander and tumeric each
2 garlic cloves
1 tsp ginger grated
black pepper
2 turkey steaks

Serve with Mixed Salad

Preheat oven to 180c
Mix herbs and garlic and brush over
turkey steaks. Bake for 10 mins.

DAY 11

MEAL 1:

Power Omlette

Asparagus tips
greenbeans
1 onion
2 tomatoes
2 eggs
mixed herbs

MEAL 2:

Protein Snack

Greek yogurt with blueberries
1 spoon flaxseed

MEAL 3:

Power Salad

1 chicken breast
beetroot grated
scallion chopped
handful walnuts
balsamic vinegar
1 teaspoon feta crumbled

MEAL 4:

Protein Shake

1 egg white
300ml coconut milk
scoop hemp

MEAL 5:

Salmon Steamed Veg

1 Portion salmon fillet
Choice of green veg steamed

DAY 12

MEAL 1:

Green Juice Breakfast

1 cucumber
60g kale
60g spinach
handful parsley
1 apple

MEAL 2:

Protein Snack

handful almonds + greek yogurt

MEAL 3:

Chicken Salad

MEAL 4:

Protein Shake

2 egg whites
300ml coconut milk
1 x scoop whey

MEAL 5:

Vegetable Stir fry Add protein of choice

Chop up various veggies of choice
and stir fry with a little oil.
Add chilli for flavour



DAY 13

MEAL 1:

Power Breakfast

2 eggs scrambled

MEAL 2:

Protein Snack

Greek yogurt with
2 spoons chia seeds

MEAL 3:

Green Salad

Use all green veg and leaves
add your choice of protein
and toss in olive oil

MEAL 4:

Protein Shake

1 egg white
100ml greek yogurt
scoop hemp
100ml apple juice

MEAL 5:

Bean Burgers (serves 4)

1 x 400 g tin of chickpeas
1 x 400 g tin of kidney beans
½ a bunch of fresh coriander
½ teaspoon paprika
½ teaspoon ground coriander
½ teaspoon ground chilli
3 tablespoons spelt flour,
plus extra for dusting
sea salt
olive oil
1 lettuce leaf per person
2 tomatoes
4 wholemeal
burger buns optional

Place all ingredients in a food
processor, blend until smooth. Put
into patties and dust with flour before
putting into a heated pan for 3-4
minutes on either side

DAY 14

MEAL 1:

Power Breakfast

Green Juice

MEAL 2:

Protein Snack

Tin tuna and cherry tomatoes

MEAL 3:

Power Salad

1 chicken breast
1 courgette grated
3 cherry tomatoes
1 spoon hummus
4 blueberries

MEAL 4:

Protein Shake

1 egg white
300ml coconut milk
scoop hemp

MEAL 5:

Grilled fish

Serve with Mixed Salad

HEALTHY TIPS

Grain Products:

Avoid refined grain
foods. These include
most breads, crackers,
pasta and breakfast
cereals. Also eliminate
cakes, pies, doughnuts,
cookies, croissants,
muffins and all pastries
and snack foods such as
chips, most snack mixes
and buttered popcorn.

Fats and Oils: Limit

saturated fats and
refined vegetable oils.
Eliminate food with
trans fats and other
bad fats. This includes
margarine, lard or par-
tially hydrogenated oils
found in cookies, cakes,
pastries, doughnuts,
chips, fried foods, and
most chocolate.

