

DAY 8-14: Meal Plans

DAY 8

MEAL 1:

Protein Shake

3 egg whites,
300ml coconut milk,
scoop hemp,
2 slices banana,
20g oats

MEAL 2:

2 eggs scrambled
with 1/4 avocado

MEAL 3:

Power Salad

1 chicken breast,
2 boiled egg,
pumpkin seeds,
grated beetroot
chopped broccoli,
drizzle balsamic vinegar

MEAL 4:

Protein Shake

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

MEAL 5:

1 x Grilled Chicken breast,
1 courgette spirulised,
1 clove garlic,
1/2 chilli,
handful mushroom,
30g spinach

DAY 9

MEAL 1:

Power Breakfast

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

MEAL 2:

Protein Snack

100g 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

DAY 10

MEAL 1:

Power Breakfast

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

MEAL 2:

Protein Snack

150g 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

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, LOW FAT SPREADS or partially hydrogenated oils found in cookies, cakes, pastries, doughnuts, chips, fried foods, and most chocolate.

DAY 11

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 (serves 4)

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 LIGHT soya sauce (gluten free). Cook rice in water for 10-12 minutes. Add spinach at the end.

DAY 12

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

MEAL 5:

Grilled Turkey (serves 2)

Olive oil
1 tsp coriander & tumeric
2 garlic cloves
1 tsp ginger grated
black pepper
2 turkey steaks
Preheat oven to 180c
Mix herbs and garlic & brush over turkey steaks. Bake for 10 mins.

Serve with Mixed Salad

DAY 13

MEAL 1:

Power Omlette

Asparagus tips
greenbeans
1 onion
2 tomatoes
2 eggs
mixed herbs

MEAL 2:

Protein Snack

100g 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 salmon fillet
Choice of green veg steamed

DAY 14

MEAL 1:

Green Juice Breakfast

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

MEAL 2:

Protein Snack

handful almonds
+ 100g 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