

WEEKLY MEAL PLANNER

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ON RISING	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink
BREAKFAST	Scrambled Eggs & Smashed Avocado	Turkey & Turmeric Soup	Cauliflower & Leek Soup	Spinach & Mushroom Omelet	Cauliflower & Leek Soup	Turkey & Turmeric Soup	Eggs how you like them w/ Smashed Avocado
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
LUNCH	Turkey & Turmeric Soup	Any Meat you like Stew	Chicken Cacciatore	Braised Lamb Shanks	Prawn & Fish Stew	Chicken in Red Wine	French Lamb Stew
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
DINNER	Any Meat you like Stew	Chicken Cacciatore	Braised Lamb Shanks	Prawn & Fish Stew	Chicken in Red Wine	French Lamb Stew	Cauliflower & Leek Soup

