

# WEEKLY MEAL PLANNER

WEEK 3

	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	Berry Bliss Smoothie	Scrambled Eggs w Pan Fried Mushroom	Cauliflower & Coconut Soup	Berry Bliss Smoothie	Spinach & Mushroom Omelet	Cauliflower & Coconut Soup	Spicy Mince w Fried Egg
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
LUNCH	Cauliflower & Coconut Soup	Green Detox Salad w Tuna	Tagine Teriyaki Chicken	Red Lentil & Pumpkin Soup	Chicken in Red Wine	Tagine Teriyaki Chicken	Red Lentil & Pumpkin Soup
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
DINNER	Grilled Rump Steak	Tagine Teriyaki Chicken	Salmon Parcels	Chicken in Red Wine	Red Lentil & Pumpkin Soup	Fish w Rosemary	Honey & Ginger Chicken

