

WEEKLY MEAL PLANNER

WEEK 4

	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	Chicken & Veggie Muffins	Green Smoothie	Berry Bliss Smoothie	Green Smoothie	Chicken & Veggie Muffins	Scrambled eggs w̄ 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	Green Detox Salad w̄ Tuna	Shepherds Pie	Turkey & Turmeric Soup	Minestrone Soup	Lamb Tagine	Chicken & Avocado Salad
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
DINNER	Honey Soy Beef	Shepherds Pie	Minestrone Soup	Salmon Parcels	Lamb Tagine	Fish w̄ Rosemary	Turkey & Turmeric Soup

