

WEEKLY MEAL PLANNER

WEEK 5

	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	Green Smoothie	Raspberry Chia Pot	Green Smoothie	Raspberry Chia Pot	Frittata	Berry Bliss Smoothie	Eggs however you like them
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
LUNCH	Green Detox Salad w Tuna	Chicken Cacciatore	Chicken Soup	Mediterranean Salad w Rump Steak Strips	Chicken Meatballs	Frittata	Chicken Soup
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
DINNER	Chicken Cacciatore	Frittata	Grilled Rump Steak	Chicken Meatballs	Pan Fried Snapper	Deconstructed Hamburger	Lamb Chops

