

drop a few kg's  
3 meals per day x 5 days

breakfast + morning snack + lunch

**Sunday - 10th November 2019**

mushroom pepper and spinach egg cup  
pineapple cubes  
stir fried veggies with chinese cabbage

**Monday - 11th November 2019**

raspberry pancake with almond flour base  
rock melon slices  
french onion chicken breast with garlic sautéed spinach

**Tuesday - 12th November 2019**

quinoa breakfast bowl  
watermelon slices  
mexican chicken tinga

**Wednesday - 13th November 2019**

oatmeal with raspberry  
green lean shamrock machine smoothie  
chinese pepper beef cubes and asian summer salad

**Thursday - 14th November 2019**

egg with yolk omelet baby spinach and corn kernels  
carrot with mutable  
sweet potato cauliflower and broccoli coconut curry

**drop a few kg's**  
**4 meals per day x 5 days**

**breakfast + morning snack + lunch + afternoon snack**

**Sunday - 10th November 2019**

mushroom pepper and spinach egg cup  
pineapple cubes  
stir fried veggies with chinese cabbage  
carrot sticks with mutable

**Monday - 11th November 2019**

raspberry pancake with almond flour base  
rock melon slices  
french onion chicken breast with garlic sautéed spinach  
crudités with smashed avocado

**Tuesday - 12th November 2019**

quinoa breakfast bowl  
watermelon slices  
mexican chicken tinga  
super healthy fruit smoothie

**Wednesday - 13th November 2019**

oatmeal with raspberry  
green lean shamrock machine smoothie  
chinese pepper beef cubes and asian summer salad  
crackers with natural yogurt

**Thursday - 14th November 2019**

egg with yolk omelet baby spinach and corn kernels  
carrot with mutable  
sweet potato cauliflower and broccoli coconut curry  
iheart green smoothie

**drop a few kg's**  
**5 meals per day x 5 days**

**breakfast + morning snack + lunch + afternoon snack + dinner**

**Sunday - 10th November 2019**

mushroom pepper and spinach egg cup  
pineapple cubes  
stir fried veggies with chinese cabbage  
carrot sticks with mutable  
mango chicken and apple sprout salad

**Monday - 11th November 2019**

raspberry pancake with almond flour base  
rock melon slices  
french onion chicken breast with garlic sautéed spinach  
crudités with smashed avocado  
baked seabass with cauliflower rice stir fry

**Tuesday - 12th November 2019**

quinoa breakfast bowl  
watermelon slices  
mexican chicken tinga  
super healthy fruit smoothie  
honey glazed salmon with couscous

**Wednesday - 13th November 2019**

oatmeal with raspberry  
green lean shamrock machine smoothie  
chinese pepper beef cubes and asian summer salad  
crackers with natural yogurt  
spicy lemon garlic shrimp

**Thursday - 14th November 2019**

egg with yolk omelet baby spinach and corn kernels  
carrot with mutable  
sweet potato cauliflower and broccoli coconut curry  
iheart green smoothie  
cajun chicken zucchini skillet

drop a few kg's  
6 meals per day x 6 days

breakfast + morning snack + lunch + afternoon snack + dinner + evening snack

**Sunday - 10th November 2019**

mushroom pepper and spinach egg cup  
pineapple cubes  
stir fried veggies with chinese cabbage  
carrot sticks with mutable  
mango chicken and apple sprout salad  
banana and almond smoothie

**Monday - 11th November 2019**

raspberry pancake with almond flour base  
rock melon slices  
french onion chicken breast with garlic sautéed spinach  
crudités with smashed avocado  
baked seabass with cauliflower rice stir fry  
green pumpkin pie smoothie

**Tuesday - 12th November 2019**

quinoa breakfast bowl  
watermelon slices  
mexican chicken tinga  
super healthy fruit smoothie  
honey glazed salmon with couscous  
lemon coconut energy balls

**Wednesday - 13th November 2019**

oatmeal with raspberry  
green lean shamrock machine smoothie  
chinese pepper beef cubes and asian summer salad  
crackers with natural yogurt  
spicy lemon garlic shrimp  
green grapes

**Thursday - 14th November 2019**

egg with yolk omelet baby spinach and corn kernels  
carrot with mutable  
sweet potato cauliflower and broccoli coconut curry  
iheart green smoothie  
cajun chicken zucchini skillet  
mix red berries