

Sample 6 Day Plan Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Breakfast: All-Bran w low fat milk + coffee +water	Breakfast: All-Bran w low fat milk + coffee +water	Omelet + coffee +water	Breakfast: All-Bran w low fat milk + coffee +water	Breakfast: All-Bran w low fat milk + coffee +water	Omelet + coffee +water
Morning tea: small tub yoghurt	Morning Tea: small apple, cherry tomatoes	Morning tea: small tub yoghurt	Morning Tea: Protein shake mixed with water	Morning Tea: small apple, cherry tomatoes	Morning tea: small tub yoghurt
Lunch: Omelet + water	Lunch: Tuna salad + water	Lunch: Chicken salad + water	Omelet + water	Lunch: (Japanese) sashimi, edamame, wakame salad + water	Lunch: Tuna salad
Afternoon Tea: Protein shake mixed with water +handful of almonds + coffee +water	Afternoon tea: boiled egg, pickles + coffee +water	Afternoon tea: small tin of tuna + coffee +water	Afternoon tea: some slices of turkey breast + coffee +water	Afternoon Tea: Protein shake mixed with water +handful of almonds + coffee +water	Afternoon tea: some slices of turkey breast + coffee +water
Dinner: Steak with wilted spinach and garlic + chilli miso flavoured eggplant + water	Dinner: Chicken burgers with chilli, spring onion and tamari sauce with kimchee slaw (Jamie Oliver recipe) + water	Dinner: Zucchini spaghetti Bolognese (the healthy chef) + water	Dinner: Chicken Thai style jungle curry made with tomato based sauce + water	Dinner: Pork Steaks marinated with garlic, ginger and soy and served with wilted Asian greens	Dinner: Beef Stirfry

**eat as many cherry tomatoes, cucumber and celery sticks throughout the day as needed!*

THINGS TO ADD IN WEEK 2: Breakfast +strawberries and blueberries, Rest of the day: Avocado

THINGS TO ADD IN WEEK 3: Olives, Chickpeas (Humus) + Lentils

THINGS TO ADD IN WEEK 4: Pear for morning tea, Rest of the day: Sweet potato

THINGS TO ADD IN WEEK 5: Small sprinkle of cheese for flavour