

Meal Planner

Each day **upon waking** drink 250ml hot water with ½ lemon (unwaxed or remove skin) and 1 inch ginger (with peel removed) added to it.

Days 1-5

Tuesday 20th March – Saturday 24th March

Meals	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<i>Breakfast</i> Quinoa Porridge	<i>Breakfast</i> Eggs asparagus & spinach	<i>Breakfast</i> Buckwheat pancakes	<i>Breakfast</i> Quinoa Porridge	<i>Breakfast</i> Eggs asparagus & spinach
Mid-morning	<i>Snack</i> Guacamole & veg sticks	<i>Snack</i> Apple and nut butter	<i>Snack</i> Hummus & veg sticks	<i>Snack</i> Berry chia snack	<i>Snack</i> Guacamole & veg sticks
Lunch	<i>Lunch</i> Kale, red cabbage, avocado salad	<i>Lunch</i> Super Healthy Salmon Salad	<i>Lunch</i> Rice Salad	<i>Lunch</i> Chicory, Fennel & Bean Salad	<i>Lunch</i> Lemon chicken and thyme salad
Mid-afternoon	Juice	Juice	Juice	Juice	Juice
Dinner	<i>Dinner</i> Spicy bean burgers with spinach	<i>Dinner</i> Roasted mushroom and sage stuffed squash	<i>Dinner</i> Stuffed Chicken Breast	<i>Dinner</i> Chickpea and Cauliflower Curry	<i>Dinner</i> Lentil, Quinoa & Sweet potato burgers

Days 6-9

Sunday 25th March – Wednesday 28th March

Meals	Day 6	Day 7	Day 8	Day 9
Breakfast	<i>Smoothie</i> Green Smoothie	<i>Smoothie</i> Beetroot & Apple	<i>Smoothie</i> Green Smoothie	<i>Smoothie</i> Beetroot & Apple
Mid-morning	<i>Snack</i> Guacamole & veg sticks	<i>Snack</i> Hummus & veg sticks	<i>Snack</i> Guacamole & veg sticks	<i>Snack</i> Hummus & veg sticks
Lunch	<i>Soup</i> Beetroot & Butternut Squash	<i>Soup</i> Carrot, Coriander, Turmeric & Lentil	<i>Soup</i> Beetroot & Butternut Squash	<i>Soup</i> Carrot, Coriander, Turmeric & Lentil
Mid-afternoon	<i>Smoothie</i> Carrot & Ginger	<i>Smoothie</i> Green Smoothie	<i>Smoothie</i> Carrot & Ginger	<i>Smoothie</i> Green Smoothie
Dinner	Juice	Juice	Juice	Juice

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Days 10-12

Thursday 29th March – Saturday 31st March

Meals	Day 10	Day 11	Day 12
Breakfast	<i>Breakfast</i> Quinoa Porridge	<i>Breakfast</i> Eggs asparagus & spinach	<i>Breakfast</i> Buckwheat pancakes
Mid-morning	<i>Snack</i> Guacamole & veg sticks	<i>Snack</i> Apple and nut butter	<i>Snack</i> Hummus & veg sticks
Lunch	<i>Lunch</i> Kale, red cabbage, avocado salad	<i>Lunch</i> Super Healthy Salmon Salad	<i>Lunch</i> Rice Salad
Mid-afternoon	Juice	Juice	Juice
Dinner	<i>Soup</i> Green Detox	<i>Soup</i> Tuscan Bean	<i>Soup</i> Green Detox

The meal planner is designed so that on days 1-5 you eat solid, wholefoods; on days 6-9 you focus on liquid and blended foods with a snack being your only solid food intake; on days 10-12 you introduce more solid wholefoods again.

You can swap out meals using the recipe sheet as long as you stick within the intended category, so for example if you don't fancy a beetroot and apple smoothie on day 7, you can swap for another smoothie.

Please note the shopping list is based on the suggested meal planner, so if you swap out meals, you should adjust your shopping list accordingly.