

TWO WEEK SAMPLE MENU



Meal Plans for Week One

	BREAKFAST	LUNCH	DINNER	SNACK
MON	Zucchini omelet with sliced oranges	Poached wild-caught cod with fennel and cauliflower	Broccoli with lamb chop and DF Caesar salad	DF coconut yogurt with 3-4 brazil nuts and berries
TUE	Scrambled eggs with chopped Brussels sprouts	Watercress and sunflower seed salad with sardines, organic kale chips	Grilled vegetables with cauliflower rice* and carrot-cabbage salad.	Organic strawberry smoothie with hemp milk
WED	Pumpkin pecan soup or cabbage & bone broth soup	Curried boiled egg salad with peas and broccoli and cauliflower	Black bean and red quinoa salad with avo. Or DF lamb burger with a green salad.	Organic apple/fruit of choice with 1 tsp of almond butter
THU	Overnight rolled oats with blueberries & organic apples	Lentil/bean burger with lemony coleslaw. Mayo free	Organic roasted/baked chicken, sweet potato, steamed broccoli, and peas	Coconut kefir with berries or carrots with hummus
FRI	Deviled eggs with sesame green salad	Organic chicken salad with watercress and chopped 1-2 cups steamed broccoli	Braised wild-caught salmon, cauliflower and peas with cucumber salad	Dairy-free yogurt with fruit and raw seeds and nuts
SAT	Deviled eggs with sesame green salad	Organic chicken salad with watercress and chopped 1-2 cups steamed broccoli	Brassica stir-fry with wild salmon cakes	Dairy-free yogurt with fruit and 2 tablespoons of raw seeds and 10 nuts
SUN	Water fast	Water fast	Water fast	Water fast

MEAL PLAN

Abbreviation:
DF: Dairy-free

Seeds: Pumpkin, sesame, sunflower, flax
Oils: Flax, Olive (Cold pressed)

Tea: Green or organic herbal tea

2,5-3 litres of purified water: no plastic bottle water

14-day healthy eating plan

Meal Plans for Week Two

	BREAKFAST	LUNCH	DINNER	SNACK
MON	Hot amaranth cereal with pears and cashews, hemp milk	Black beans with mushroom gravy in baked sweet potato skins	Roast turkey breast with brussels sprouts, saute swish chard	Smoothie (See Recipes)
TUE	Scrambled eggs mixed with cherry tomatoes and spinach	Cold red-beet borscht and collard turkey roll-ups with sauerkraut/kimchi	Baked cod/salmon with garlic string beans and baked sweet potato fries	Cold pressed vegetable or fruit juice
WED	Cooked quinoa porridge with cinnamon, ginger and organic apple-nut porridge	Tuna or egg DF salad, with colourful leafy greens. Lemon dressing.	Black bean and red quinoa salad with avo. Or DF lamb burger with a green salad.	Organic apple/fruit of choice with 1 tsp of almond butter
THU	Overnight rolled oats with chia seeds, 1/2 cup blueberries & 1 apple	Vegetable and/or chickpea curry with black rice (no vegetable oil)	Stuffed sweet potatoes, green beans, and red cabbage slaw	Coconut kefir with berries or carrots with hummus
FRI	Organic spinach mushroom frittata with gluten-free bread	Organic chicken salad with watercress and chopped 1-2 cups steamed broccoli	Braised wild-caught salmon, cauliflower and peas with cucumber salad	Dairy-free yogurt with fruit and raw seeds and nuts
SAT	Deviled eggs with sesame green salad	Organic chicken salad with watercress and chopped 1-2 cups steamed broccoli	White bean and cauliflower soup, baked wild-caught halibut with herbs and salad	Dairy-free yogurt with fruit and 2 tablespoons of raw seeds and 10 nuts
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