

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Meal 1	Omelette with peppers and onions	Bacon tomatoes and mushrooms.	Low carb smoothie	Protein shake	Natural Yoghurt and palmful berries.	Scambled egg and bacon	Natural Yoghurt and palmful berries.
Snack	Small handful of cashews	Handful of pumpkin seeds	Handful of almonds	Apple Slices with peanut butter.	Small handful of cashews	Lettuce Wrap	Handful of almonds
Meal 2	Chicken Salad	Tuna salad	Grilled Chicken breast with Broccoli.	Ham Salad	Homemade soup	Chicken salad	Tuna salad.
Snack	Protein shake	Apple Slices and peanut butter	Small handful of cashews	Carrot sticks & humous	Hard boiled egg	*Lettuce wrap	Hard boiled egg
Meal 3	Homemade chilli con carne with cauliflower rice	Beef steak and veg	Grilled Salmon, with Green Beans and Cauliflower.	Grilled chicken breast on a bed of cooked spinach, and Green Beans.	(150g) Turkey Burgers between 'lettuce buns' and cauliflower with cheese (20g).	Cajun Chicken wings, with Veg of your choice.	Beef and sweet and cruncy veg stir fry,

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Meal 1	Omelette with peppers and onions	Natural Yoghurt and palmful berries.	Low carb smoothie	Natural Yoghurt and palmful berries.	Bacon tomatoes and mushrooms.	Boiled egg and asparagus soldiers	Srambled eggs with grilled tomato and mushrooms.
Snack	Small handful of cashews	Handful of pumpkin seeds	Pepper slices and humus	Beef Jerky	Small handful of cashews	Handful of pumpkin seeds	Handful of almonds
Meal 2	Chicken Salad	Tuna salad	Grilled Chicken breast with broccolli	Ham Salad	Homemade soup	Chicken salad	Homemade soup
Snack	Carrot sticks & Humous	Apple Slices	Small handful of cashews	Hard boiled egg	Protein Shake	*Lettuce wrap	Hard boiled egg
Meal 3	Cajun Chicken and Chorizo casserole with cauliflower rice	Turkey Breast with Roasted Garlic Mediterranean Veg	Grilled Cajun chicken and chorizo skewers.	Homemade chicken curry with cauliflower rice	Philly Chicken with roasted Mediterranean veg	Salmon BLT stacks.	Chicken and veg stir fry.

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Meal 1	Boiled egg and asparagus soldiers	Scrambled eggs with grilled tomato and mushrooms	Bacon, tomatoes and mushrooms	Natural Yoghurt and palmful berries.	Omelette with peppers and onions	Natural Yoghurt and palmful berries.	Protein shake
Snack	Small handful of cashews	Handful of pumpkin seeds	Handful of pumpkin seeds	Handful of almonds	Small handful of cashews	Handful of almonds	Beef Jerky
Meal 2	Homemade soup	Chicken salad	Egg and bacon ramekin	Tuna salad.	Chicken Salad	Grilled Chicken breast with broccolli.	Ham Salad
Snack	Carrot sticks & Humous	Apple Slices with peanut butter	Small handful of cashews	Hardboiled egg	Protein Shake	Lettuce wrap	Hard boiled egg
Meal 3	Pork chops and veg	Beef steak grilled and veg	Homemade low carb Lasagne	Low carb crustless quiche. (google)	Low carb beef and broccoli stir fry.	Salmon with chilli and lime butter (google)	Stuffed spinach chicken breast

