**SUGAR DETOX DAY 1 MEAL PLAN**

**BEVERAGES**

**HYDRATION MOST IMPORTANT:**

Drink clean puri!ed bottled water only. No tap water.

Females: 2/3 litres daily

Males: 3/4litres daily

You may also drink Green tea, but NOT coffee or normal tea. Green Tea does contain some caffeine BUT the properties it contains for detoxifying the body and assisting in fat loss are fantastic.

**BREAKFAST CHOICES**

**1. POWER SMOOTHIE**

**Ingredients**

* ½ cup berries
* 1 cup Spinach leaves
* 1 cup Watercress
* 3-5 brocolli florets
* 1 teaspoon coconut oil
* 300-500 ml water/ice (as you desire for ideal thickness)

**DIRECTIONS**

Add all ingredients to the blender. Blend until smooth.

**MIX AND MATCH GREEN SMOOTHIES**

This easy to follow table allows you to see exactly what nuttientrs are needed in your shakes and how to vary them

|  |  |  |  |
| --- | --- | --- | --- |
| COLUMN A | COLUMN B | COLUMN C | COLUMN D |
| 2 cups of Spinach  1 cup Kale  ¾ cup of Broccoli  ½ head romaine lettuce  1/3 bunch parsley  1/3 bunch mint  1 cucumber | 1 cup berries  ½ lemon (juice)  2 stalks celery  30 gms goji berries  30 gms raw almonds  1 tsp chia seeds  1 tsp Flax seeds  1 tsp Maca Powder  ½ Avocado | 1 cup water | 1/3 cup fresh watercrress  1/3 cup fresh parsely  1/3 cup fresh basil  1/3 cup fresh thyme  1/3 cup fresh oregano |

**how to Mix your Green Smoothie**

Pick 1 ingredient from Column A

Pick 2 ingredient from Column B

Pick 1 ingredient from Column C

Pick 1 ingredient from Column D

Place in your blender, secure lid, and blend until smoothie consistency is reached.

2. SALMON AND POACHED EGGS

INGREDIENTS

* 2-4 eggs
* 1 cup Watercress
* 1 Wild Alaskan Salmon fillet
* 1 teaspoon coconut oil

DIRECTIONS

**LUNCH**

**TURKEY BURGERS**

**INGREDIENTS**

RECIPE MAKES 3 SERVINGS

(2 BURGERS)

* 1 pound ground turkey
* ¼ cup minced onion
* 3 tablespoons chopped fresh parsley
* 2 tablespoons minced green Bell pepper
* 3 eggs
* 1 tablespoon water
* 1 tablespoon grated fresh ginger
* Pinch of Salt and pepper
* 2 cloves garlic, crushed

**DIRECTIONS**

1. Combine all the ingredients in a big bowl.
2. With clean hands, squeeze it together until it is very well combined.
3. Divide into three equal portions and form into burgers about ¾ inch (2 cm) thick
4. Place over medium-high heat
5. Cook the burgers for about 5 minutes per side untill cooked

**DINNER**

**CHILLI LIME TUNA**

**INGREDIENTS**

RECIPE MAKES 2 SERINGS

* 2 tuna steaks ( 4oz each)
* 1 green chilli
* 1 lime

**DIRECTIONS**

1. Preheat the oven to 370 degree F
2. In bowl, mix ingredients together. Season fish with chilli and squeeze lime over it.
3. Bake for approximately 15-20 minutes or until fish flakes easily but is not dry or overcooked.

**SUGAR DETOX DAY 2 MEAL PLAN**

**SNACK OPTIONS**

* sliced vegetables (cucumber, green pepers, celery etc)
* Small Handful nuts and seeds
* 2/3 boiled eggs
* sliced cooked meats from the butchers (beef, chicke, turkey)

**BEVERAGES**

**HYDRATION MOST IMPORTANT:**

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Females: 2/3 litres daily

Males: 3/4litres daily

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**BREAKFAST CHOICES**

**1. POWER SMOOTHIE**

**INGREDIENTS**

* ½ cup berries
* ½ avocado
* 2 celery sticks
* 3-5 broccoli florets
* 1 cup kale
* 300-500 ml water ( as you desire for ideal thickness)

**DIRECTIONS:**

Add all ingredients to the blender. Blend until smooth.

**MIX AND MATCH GREEN SMOOTHIES**

This easy to follow table allows you to see exactly what nutrientrs are needed in your shakes and how to vary them.

|  |  |  |  |
| --- | --- | --- | --- |
| COLUMN A | COLUMN B | COLUMN C | COLUMN D |
| 2 cups of Spinach  1 cup Kale  ¾ cup of Broccoli  ½ head romaine lettuce  1/3 bunch parsley  1/3 bunch mint  1 cucumber | 1 cup berries  ½ lemon (juice)  2 stalks celery  30 gms goji berries  30 gms raw almonds  1 tsp chia seeds  1 tsp Flax seeds  1 tsp Maca Powder  ½ Avocado | 1 cup water | 1/3 cup fresh watercrress  1/3 cup fresh parsely  1/3 cup fresh basil  1/3 cup fresh thyme  1/3 cup fresh oregano |

**how to Mix your Green Smoothie**

Pick 1 ingredient from Column A

Pick 2 ingredient from Column B

Pick 1 ingredient from Column C

Pick 1 ingredient from Column D

Place in your blender, secure lid, and blend until smoothie consistency is reached.

**2. MEAT AND NUTS BREAKFAST (6-10 NUTS) ALMONDS, MACADEMIA, HAZELNUTS, WALNUTS OR CASHEW**

**INGREDIENTS**

* 1 grass fed steak
* 1 pinch of Himalyan/Celtic sea salt
* 1 pinch of black pepper
* cup Spinach
* 1 teaspoon coconut oil
* 6-10 nuts of your choice from almonds, macademia, hazelnuts, walnuts or cashews

**DIRECTIONS**

* Fry the steak in 1 teaspoon of coconut oil to your liking
* Add salt and pepper to season
* Serve with a side of spinach and enjoy

**N.B ( One of the best things you can do is add some brccolli/asparagus/spinach to your breakfast) or make a green power smoothie:**

* 400 ml water
* ¼ cucumber
* handful spinach
* ½ lemon squeezed
* (blend all ingredients until smooth and drink)

**LUNCH**

**MEAT/FISH KEBABS**

**INGREDIENTS**

* 500 g Turkey mince ( or preferred protein)
* 3 crushed garlic cloves
* 1 pinch ground nutmeg
* 1 tsp ground cumins
* 2 tsp ground coriander
* 1 tbsp ginger
* 1 tbsp extra virgin olive oil
* 1 lemon
* 1 tbsp apple cider vinegar
* 1 tbsp chopped mint
* 1 green pepper
* 1 courgette
* 3 tbsp green olives, deseeded and finely chopped
* Mixed green salad (watercress, spinach, rocket)

**DIRECTIONS**

* Dry-fry the cloves, nutmeg, chilli, cumin and coriander in a frying pan over a low heat, moving herbs constantly, for ~ 2 minutes
* Transfer into a bowl with garlic and ginger and set aside
* Knead the mince firmly until the mince becomes soft and sticky. Add the softened mince to the spice mix and combine well.
* Form the meat into small round patty shapes. Wet your hands and press two portions of the mince around a skewer. Leaving a small gap at the top of the skewer.
* Grill the skewers with diced courgette and green pepper for 8-10 mins turning regularly and sprinkling with lemon juice as they cook
* Add mint and serve with kebabs with a side of mixed green salad, drizzle apple cider vinegar on top.

**DINNER**

**GREEN PEPPER CHICKEN STIR-FRY**

**INGREDIENTS**

RECIPE MAKES 2 SERVINGS

* 2 Chicken Breasts
* 1 tablespoon coconut oil
* 1 tablespoon lemon juice from freshly squeezed lemon
* 1 cup broccoli florets
* 1 teaspoon garlic
* ½ cup onion, chopped
* 1 teaspoon dried parsley
* 1 teaspoon dried oregano
* 1 green vell peppers, cut in wedges

**DIRECTIONS**

1. Thinely slice the chicken across the grain. Put the oil in a wok or skillet over high heat. When it is hot, add the chicken and stir-fry for about 3-4 minutes
2. Add green peppers, garlic, broccoli, lemon juice and onion, stir-fry for 1 minute
3. Add,parsley and oregano, stir-fry for another minute
4. Stir until sauce thickens.

**SNACK OPTIONS**

* sliced vegetables (cucumber, peppers, celery etc)
* Small Hadful nuts and seeds
* 2/3 boiled eggs
* sliced cooked meats from the butchers ( beef,chicken, turkey)

**SUGAR DETOX DAY 3 MEAL PLAN**

**BEVERAGES**

**HYDRATION MOST IMPORTANT:**

Drink clean puri!ed bottled water only. No tap water.

Females: 2/3 litres daily

Males: 3/4litres daily

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**1. POWER SMOOTHIE**

**INGREDIENTS**

* ½ cup berries
* ½ avocado
* 2 celery sticks
* 3-5 broccoli florets
* 1 cup kale
* 300-500 ml water ( as you desire for ideal thickness)

**DIRECTIONS:**

Add all ingredients to the blender. Blend until smooth.

**MIX AND MATCH GREEN SMOOTHIES**

This easy to follow table allows you to see exactly what nutrientrs are needed in your shakes and how to vary them.

|  |  |  |  |
| --- | --- | --- | --- |
| COLUMN A | COLUMN B | COLUMN C | COLUMN D |
| 2 cups of Spinach  1 cup Kale  ¾ cup of Broccoli  ½ head romaine lettuce  1/3 bunch parsley  1/3 bunch mint  1 cucumber | 1 cup berries  ½ lemon (juice)  2 stalks celery  30 gms goji berries  30 gms raw almonds  1 tsp chia seeds  1 tsp Flax seeds  1 tsp Maca Powder  ½ Avocado | 1 cup water | 1/3 cup fresh watercrress  1/3 cup fresh parsely  1/3 cup fresh basil  1/3 cup fresh thyme  1/3 cup fresh oregano |

**how to Mix your Green Smoothie**

Pick 1 ingredient from Column A

Pick 2 ingredient from Column B

Pick 1 ingredient from Column C

Pick 1 ingredient from Column D

Place in your blender, secure lid, and blend until smoothie consistency is reached.

**2. ALASKAN OMELETTE**

**INGREDIENTS**

RECIPE MAKES 1 SERVING

* 1 egg
* 4 egg whites

**DIRECTIONS**

1. Beat eggs and pour in skillet
2. When omelette hardens, place salmon on top.
3. Sprinkle with basil, sallion, parsley and pepper in
4. Fold in half and cook until ready

**LUNCH**

**LEMON-HERB STUFFED SALMON**

**INGREDIENTS**

RECIPE MAKES 2 SERVINGS

* 2 salmon fillets ( 4 oz each)
* 1 lemon , thinly sliced
* 1 scallion , sliced
* 2 tablespoon fresh oregano leaves, minced
* 1 tablespoon fresh thyme leaves
* 1 cup of green vegetables

**DIRECTIONS**

1. Preheat the oven to 420 degree F. Make a horizxontal cut in the salmon fillets, for 2/3 of the fillet’s length.
2. Lay the salmon on a backing dish ( I prefer a glass dish for fish)
3. Stuff salmon ( in the horizontal cut) with lemon slices. Do the same with the scallion.
4. Mix together the two herbs and stuff them into the salmon as well
5. Bake the fillets for 15 minutes.
6. Serve with a side of steamed green vegetables.

**DINNER**

**VEGETARIAN FRITTATA**

**INGREDIENTS**

RECIPE MAKES 1 SERVING

* 1 egg
* 3 egg whites
* 1 teaspoon olive oil
* 1/3 cup chopped onion
* 1 clove garlic, minced
* 1/3 cup diced green bell pepper
* 1/3 cup zucchini, chopped
* ¼ teaspoon dried oregano
* Pinch of cayenne pepper
* ½ cup spinach

**DIRECTIONS**

1. Preheat oven at 450 degree F. In a frying pan with an ovenproof handle, heat the oil and saute onion, zucchini, garlic and green pepper over medium-high heat until vegetables tender.
2. Beat the eggs with the oregano, and cayenne. When all the vegetables are cooked, pour the eggs over them.
3. Bake until eggs are set and sides are “puffy” about 25 minutes.

**SNACK OPTIONS**

* sliced vegetables (cucumber, peppers, celery etc)
* Small Hadful nuts and seeds
* 2/3 boiled eggs
* sliced cooked meats from the butchers ( beef,chicken, turkey)

**SUGAR DETOX DAY 4 MEAL PLAN**

**BEVERAGES**

**HYDRATION MOST IMPORTANT:**

Drink clean puri!ed bottled water only. No tap water.

Females: 2/3 litres daily

Males: 3/4litres daily

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**1. POWER SMOOTHIE**

**INGREDIENTS**

* ½ cup berries
* ½ avocado
* 2 celery sticks
* 3-5 broccoli florets
* 1 cup kale
* 300-500 ml water ( as you desire for ideal thickness)

**DIRECTIONS:**

Add all ingredients to the blender. Blend until smooth.

**MIX AND MATCH GREEN SMOOTHIES**

This easy to follow table allows you to see exactly what nutrientrs are needed in your shakes and how to vary them.

|  |  |  |  |
| --- | --- | --- | --- |
| COLUMN A | COLUMN B | COLUMN C | COLUMN D |
| 2 cups of Spinach  1 cup Kale  ¾ cup of Broccoli  ½ head romaine lettuce  1/3 bunch parsley  1/3 bunch mint  1 cucumber | 1 cup berries  ½ lemon (juice)  2 stalks celery  30 gms goji berries  30 gms raw almonds  1 tsp chia seeds  1 tsp Flax seeds  1 tsp Maca Powder  ½ Avocado | 1 cup water | 1/3 cup fresh watercrress  1/3 cup fresh parsely  1/3 cup fresh basil  1/3 cup fresh thyme  1/3 cup fresh oregano |

**how to Mix your Green Smoothie**

Pick 1 ingredient from Column A

Pick 2 ingredient from Column B

Pick 1 ingredient from Column C

Pick 1 ingredient from Column D

Place in your blender, secure lid, and blend until smoothie consistency is reached.

**2. MEAT AND NUTS BREAKFAST (6-10 NUTS) ALMONDS, MACADEMIA, HAZELNUTS, WALNUTS OR CASHEW**

**INGREDIENTS**

* 1 grass fed steak
* 1 pinch of Himalyan/Celtic sea salt
* 1 pinch of black pepper
* cup Spinach
* 1 teaspoon coconut oil
* 6-10 nuts of your choice from almonds, macademia, hazelnuts, walnuts or cashews

**DIRECTIONS**

* Fry the steak in 1 teaspoon of coconut oil to your liking
* Add salt and pepper to season
* Serve with a side of spinach and enjoy

**N.B ( One of the best things you can do is add some brccolli/asparagus/spinach to your breakfast) or make a green power smoothie:**

* 400 ml water
* ¼ cucumber
* handful spinach
* ½ lemon squeezed
* (blend all ingredients until smooth and drink)

**LUNCH**

**EGG AND TUNA SALAD DRESSED WITH LEMON AND BALSAMIC VINEGAR**

**INGREDIENTS**

* 1 tuna steak
* 2-4 hard boiled eggs
* 1 lemon, thinly sliced
* 1 scallion, sliced
* 1 tablespoon fresh oregano leaved, minced
* 1 cup of mixed green leafy vegetables
* ¼ cucumber
* 1 tablespoon Sea Salt
* Black pepper
* Italian Herbs

**DIRECTIONS**

1. Preheat the oven to 425 degree F. Wrap the tuna in foil, season with salt, pepper, italian herbs and lemon slices and bake for approximatly 15 minutes.
2. Hard boil the eggs for approximetly 5-10 minutes.
3. Mix the leafy green veg in a bowl and add the scallion and cucumber, sea salth and pepper. Dress with balasmic Vinegar.
4. Dice the tuna and eggs and add to the salad.

**DINNER**

**COCONUT GARLIC CHICKEN**

**INGREDIENTS**

RECIPE MAKES 2 SERVINGS

* 2 chicken breasts
* 1 tablespoon coconut oil
* 2 cloves garlic, minced
* 2 shallots, minced
* 1 tablespoon lemon juice
* 1 tablespoon fresh dill, finely chopped

**DIRECTIONS**

1. Heat coconut oil in a skillet over medium-high heat
2. Dice and add chicken and cook until done.
3. Add garlic and shallots and saute for 2 minutes without browing.
4. Add lemon juice and dill
5. Stir well for about a minute before serving.

**SNACK OPTIONS**

* sliced vegetables (cucumber, peppers, celery etc)
* Small Hadful nuts and seeds
* 2/3 boiled eggs
* sliced cooked meats from the butchers ( beef,chicken, turkey)

**SUGAR DETOX DAY 5 MEAL PLAN**

**BEVERAGES**

**HYDRATION MOST IMPORTANT:**

Drink clean puri!ed bottled water only. No tap water.

Females: 2/3 litres daily

Males: 3/4litres daily

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**1. POWER SMOOTHIE**

**INGREDIENTS**

* ½ cup berries
* ½ avocado
* 2 celery sticks
* 3-5 broccoli florets
* 1 cup kale
* 300-500 ml water ( as you desire for ideal thickness)

**DIRECTIONS:**

Add all ingredients to the blender. Blend until smooth.

**MIX AND MATCH GREEN SMOOTHIES**

This easy to follow table allows you to see exactly what nutrientrs are needed in your shakes and how to vary them.

|  |  |  |  |
| --- | --- | --- | --- |
| COLUMN A | COLUMN B | COLUMN C | COLUMN D |
| 2 cups of Spinach  1 cup Kale  ¾ cup of Broccoli  ½ head romaine lettuce  1/3 bunch parsley  1/3 bunch mint  1 cucumber | 1 cup berries  ½ lemon (juice)  2 stalks celery  30 gms goji berries  30 gms raw almonds  1 tsp chia seeds  1 tsp Flax seeds  1 tsp Maca Powder  ½ Avocado | 1 cup water | 1/3 cup fresh watercrress  1/3 cup fresh parsely  1/3 cup fresh basil  1/3 cup fresh thyme  1/3 cup fresh oregano |

**how to Mix your Green Smoothie**

Pick 1 ingredient from Column A

Pick 2 ingredient from Column B

Pick 1 ingredient from Column C

Pick 1 ingredient from Column D

Place in your blender, secure lid, and blend until smoothie consistency is reached.

**2. FU YONG SCRAMBLE**

**INGREDIENTS**

RECIPE MAKES 1 SERVINGS

* 4 egg whites
* 1 egg
* 1 tablespoon water
* 1 tablespoon olive oil
* ½ teaspoon grated ginger
* ¼ cup green cabbage, finely chopped
* ½ cup bean sprouts
* ½ onion finely minced

**DIRECTIONS**

1. Bea the eggs with the water, Set aside.
2. In a large skillet, heat oil over medium-high heat. Add the ginger, then the remaining ingredients. Stir-fry until the onion is traslucent and the cabbage and bean sprouts are tender-criso. Stir in seasoned eggs.
3. Scramble until eggs are cooked.

**LUNCH**

**HOT PAPRIKA TUNA**

**INGREDIENTS**

RECIPE MAKES 2 SERVINGS

* 2 tune steaks
* 1 tablespoon extra virgin olive oil
* ½ teaspoon paprika
* Pinch cayenne pepper
* 2 cloves garlic, crushed

**DIRECTIONS**

1. In a skillet over medium-high heat. Fry the tuna and garlic in the oil for about 5 minutes untill it is pink.
2. Sprinkle the paprika and cayenne over it.
3. Cook for about another minute and serve

**DINNER**

**CAJUN SALMON**

**INGREDIENTS**

RECIPE MAKES 4 SERVINGS

* 2 salmon fillets (6 oz each)
* 1 teaspoon extra virgin oil
* 1 garlic clove, minced
* 1 shallot, minced
* 1 teaspoon paprika
* 1 teaspoon dried oregano
* ½ teaspoon cayenne papper
* ½ teaspoon dried thyme
* 1 tablespoon lemon juice
* Pinch of salt

**DIRECTIONS**

1. Preheat the oven to 375 degree F
2. Mix together garlic, shallot, paprika, oregano, cayenne pepper, thyme, and salt in cup. Spread oil evenly on a sheet of aluminium foil. Place salmon fillet on the sheet of foil.
3. Top evenly with garlic mixture and lemon juice. To close foil packet, bring two opposite long sides of foil up to meet centre, fold edges over twice.
4. bake for approximately 15-20 minutes.

**SNACK OPTIONS**

* sliced vegetables (cucumber, peppers, celery etc)
* Small Hadful nuts and seeds
* 2/3 boiled eggs
* sliced cooked meats from the butchers ( beef,chicken, turkey)

**SUGAR DETOX DAY 6 MEAL PLAN**

**BEVERAGES**

**HYDRATION MOST IMPORTANT:**

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Females: 2/3 litres daily

Males: 3/4litres daily

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**1. POWER SMOOTHIE**

**INGREDIENTS**

* ½ cup berries
* ½ avocado
* 2 celery sticks
* 3-5 broccoli florets
* 1 cup kale
* 300-500 ml water ( as you desire for ideal thickness)

**DIRECTIONS:**

Add all ingredients to the blender. Blend until smooth.

**MIX AND MATCH GREEN SMOOTHIES**

This easy to follow table allows you to see exactly what nutrientrs are needed in your shakes and how to vary them.

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**how to Mix your Green Smoothie**

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Pick 2 ingredient from Column B

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**2. MEAT AND NUTS BREAKFAST (6-10 NUTS) ALMONDS, MACADEMIA, HAZELNUTS, WALNUTS OR CASHEW**

**INGREDIENTS**

* 1 grass fed steak
* 1 pinch of Himalyan/Celtic sea salt
* 1 pinch of black pepper
* cup Spinach
* 1 teaspoon coconut oil
* 6-10 nuts of your choice from almonds, macademia, hazelnuts, walnuts or cashews

**DIRECTIONS**

* Fry the steak in 1 teaspoon of coconut oil to your liking
* Add salt and pepper to season
* Serve with a side of spinach and enjoy

**N.B ( One of the best things you can do is add some brccolli/asparagus/spinach to your breakfast) or make a green power smoothie:**

* 400 ml water
* ¼ cucumber
* handful spinach
* ½ lemon squeezed
* (blend all ingredients until smooth and drink)

**LUNCH**

**SALMON SALAD DRESSED WITH LEMON AND BALSAMIC VINEGAR**

**INGREDIENTS**

* 1 wild salmon fillet
* 1 lemon, thinly sliced
* 1 scallion, sliced
* 1 tablespoon fresh oregano leaves, minced
* 1 cup of mixed green leafy vegetables
* ¼ cucumber
* 1 tablespoon ground flezseed
* Himalayan Sea Salt
* Black pepper
* Italian Herbs

**DIRECTIONS**

1. Prehear the oven to 425 degree F. Wrap the salmon in foil, season with salt, pepper, italian herbs and lemon slices and bake for approximatly 15 minutes.
2. Mix the leafy green veg in a bowl and add scallions and cucumber, sea salt and pepper. Dress with balasamic Vinegar
3. Serve the salmon with the salad

**DINNER**

**CLUB OMELETTE**

**INGREDIENTS**

RECIPE MAKES 1 SERVING

* 2 oz turkey or chicken breasts
* ½ cup of sliced mushrooms
* 1 scallion, sliced
* 1 green pepper, sliced
* 4 egg whites
* 1 egg
* Pinch of sea salt
* Pinck of black pepper

**DIRECTIONS**

1. Cut the turkey or chicken into small squares and have the scallion, pepper and mushrooms sliced and at hand.
2. Beat eggs and pour in a skillet over medium heat.
3. Once the eggs are set in the pan, add the veg turkey while it is still cooking.
4. Add salt, pepper, fold, and serve once it is cooked.

**SNACK OPTIONS**

* sliced vegetables (cucumber, peppers, celery etc)
* Small Hadful nuts and seeds
* 2/3 boiled eggs
* sliced cooked meats from the butchers ( beef,chicken, turkey)

**SUGAR DETOX DAY 6 MEAL PLAN**

**BEVERAGES**

**HYDRATION MOST IMPORTANT:**

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**1. POWER SMOOTHIE**

**INGREDIENTS**

* ½ cup berries
* ½ avocado
* 2 celery sticks
* 3-5 broccoli florets
* 1 cup kale
* 300-500 ml water ( as you desire for ideal thickness)

**DIRECTIONS:**

Add all ingredients to the blender. Blend until smooth.

**MIX AND MATCH GREEN SMOOTHIES**

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**how to Mix your Green Smoothie**

Pick 1 ingredient from Column A

Pick 2 ingredient from Column B

Pick 1 ingredient from Column C

Pick 1 ingredient from Column D

Place in your blender, secure lid, and blend until smoothie consistency is reached.

**SOUTHESTERN STYLE EGGS**

**INGREDIENTS**

RECIPE MAKES 1 SERVING

* ½ cup green bell pepper, chopped
* 1 tablespoon extra virgin coconut oil
* ¼ cup onion, chopped
* 1 whole egg
* 4 egg whites
* ¼ fresh avocado, diced
* Salt and pepper

**DIRECTIONS**

1. Cook the peppers and onions in a tablespoon of coconut oil over medium-high heat
2. Scramble the eggs in a bowl and then pour them into the pan. Add in some pepper and onion and salt to taste. Scramble the eggs until fully cooked but not overdone.
3. Top with fresh avocado.

**LUNCH CHOICES**

**THAI BEEF LETTUCE WRAPS**

**INGREDIENTS**

RECIPE MAKES 2 SERVINGS

* 8 oz extra lean ground beef ( or any ground lean red meat)
* 1 teaspoon pepper flakes
* 1 small chopped onion
* 1 clove garlic
* 1 crushed chilli
* ½ medium green bell pepper, diced or sliced
* 2 tablespoons lime juice
* 1 oz chopped pine nuts
* 2 big lettuce leaves

**DIRECTIONS**

1. In a big, heacy skillet, start browning and crumbling the ground round along with the red pepper flakes. When the beef browned, tilt the pan and spoon off any fat that is accumulated.
2. Stir in the onion, garlic, pepper, lemon juice and chilli’s. Turn the heat to low and let the whole thing simmer for 5 minutes or until liquid evaporates completely.
3. Arrange 2 big lettuce leaves on a plate and spoon the meat mixture into the leaves and sprinkle with the pine nutes
4. Wrap in the lettuce and eat as you would a burrito.

**DINNER CHOICES**

**LEMON MUSTARD HERB CHICKEN**

**INGREDIENTS**

RECIPE MAKES 4 SERVINGS

(4 BREASTS)

* 4 boneless, skinless, chicken breasts ( 4 oz each )
* 1 tablespoon extra virgin olive oil
* 1/3 cup lemon juice
* 1/3 cup home made mustard ( Soak ¼ cup of yellow mustard seeds, ¼ cup of brown mustard seeds in 1 cup of water overnight. Add the following ingredients to the seeds, 4tbsp mustards powder with 1 tsp apple cider vinegar and 2 pinches of sea salt. Blend until the mixture forms a consistent paste. Refrigerate for 4 days and serve.)
* 1 tablespoon sage
* 1 tablespoon dried thyme
* 3 clove garlic, crushed
* 2 scallions

**DIRECTIONS**

1. Mix together the lemon juice, mustard sage, thyme and garlic.
2. Put the chicken breasts on a plate.
3. Spread this mixture over both sides and let it sit for `0 minutes.
4. Coat a large skillet with olive oil and cook chicken breasts for 5 minutes each side. Udse half the mixture to cook and the other half to coat as it cooks.
5. Slice up the scallions, including the crisp part of the green and scatter the scallions over it before serving.

**SNACK OPTIONS**

* sliced vegetables (cucumber, peppers, celery etc)
* Small Hadful nuts and seeds
* 2/3 boiled eggs
* sliced cooked meats from the butchers ( beef,chicken, turkey)