

PHASE 1 DETOX

SELECT ONE OPTION FROM EACH ROW THAT'S NEXT TO EACH MEAL/SNACK

	OPTION 1	OPTION 2	OPTION 3
MEAL ONE	2 EGGS, 2 HECK SAUSAGES + HANDFUL OF SPINACH	2 EGGS, SMOKED SALMON + HANDFUL OF SPINACH	150G NATURAL GREEK YOGURT + 80G BERRIES
SNACK	1 SCOOP PROTEIN SHAKE + 50g ALMONDS	CARROT OR CHOPPED VEGGIES + HUMOUS	1 SCOOP PROTEIN SHAKE + 2 BOILED EGGS
MEAL TWO	MEAT OR FISH + VEGETABLES	MEAT OR FISH + VEGETABLES	MEAT OR FISH + VEGETABLES
SNACK	1 APPLE + 1 DESERT SPOON ALMOND/PEANUT BUTTER	MACKEREAL OR 4 SLICES OF HAM WITH 1/4 CUCUMBER OR SPINACH	2 RICE CAKES + 1 DESERT SPOON ALMOND/PEANUT BUTTER
MEAL THREE	MEAT OR FISH + VEGETABLES + SWEET POTATO	MEAT OR FISH + VEGETABLES + RICE	MEAT OR FISH + VEGETABLES + QUINOA



2-4L BOTTLED WATER DAILY
UP TO 4 CUPS GREEN TEA
FRUIT/HERBAL TEAS
UP TO 2 CUPS BLACK COFFEE



80 DIFFERENT BREAKFAST IDEAS
LBP COOKBOOK
VEGETARIAN COOKBOOK
FOOD DIARY
MOOD DIARY



COOK WITH COCONUT OIL
USE GARLIC, HERBS, SPICES, SALT & PEPPER TO ADD FLAVOUR
EGGS: MAKE TO YOUR PREFERENCE
BOILED, SCRAMBELED, POACHED ETC

