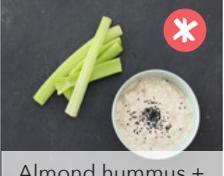
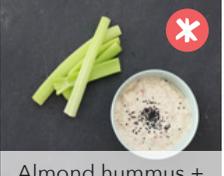


# Week 2 sample meal plan

\* Prepare the night before

\* Sunday cook fest

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEFORE BREAKFAST	 Green goddess juice	 Lemon & warm water	 Metabolism booster	 Green goddess juice	 Lemon & warm water	 Metabolism booster	 Green goddess juice
BREAKFAST	 Egg & tomato muffins	 Green goddess smoothie	 Grain free granola	 Choc coconut banana smoothie	 Chia coconut berry pudding	 Berry delicious smoothie	 Pan fried sardines GF toast + avocado
LUNCH	 Tuna nicoise salad	 Pea & zucchini fritters	 Cauliflower rice vege stir fry	 Quinoa & vegetable minestrone soup	 Goat feta & herb salad	 Zucchini coconut soup	 Salmon fish cakes & superfood salad
DINNER	 Cauliflower rice vege stir fry	 Quinoa & vegetable minestrone soup	 Coconut fish curry	 Salmon fish cakes + garlic broccoli	 Zucchini coconut soup	 Lentil & vegetable soup	 Pan fried whiting + aioli & salad
SNACKS	 Spicy kale chips	 Almond hummus + celery & cucumber	 Coconutty trail mix	 Bellissimo balls & herbal tea	 Almond hummus + celery & cucumber	 1/2 Avocado lemon, salt & pepper	 Sweet potato chips + whole egg mayo

## Wk 1 & 2 - get clean & lean

### SAMPLE MEAL PLAN

This sample meal plan can be used as a **guide for the meals and snacks** I recommend during week one and two on the 'get clean' stage of the program. This stage is designed to help **detox and alkalise your system, reduce inflammation and overcome any sugar cravings**. You can choose to follow the detox meal plan for one or two weeks - depending on your desired health goals and existing health. If you suffer from a chronic health condition, particularly bad IBS - chronic constipation or diarrhoea, or you have been consuming a lot of red meat, then I recommend you adopt the get clean meal plans for two weeks before progressing onto the meal plans for weeks 3 and 4 - which are designed for the maintenance stage and beyond the program.

You can choose to start the get clean stage AFTER the 2 - 4 day 'Strip back and Alkalise' (SB&A) or in place of it, if you don't feel up to doing the SB&A, or it is not convenient or suitable for you right now.

In addition to **eliminating the '8 essential foods to avoid'**, I recommend avoiding animal protein from red and white meat, during the get clean stage. You can decide whether you want to include any fish during this stage, or stick to all vegetarian meals. Just ensure you only consume wild fish varieties, as opposed to farmed, and avoid other seafood varieties like shellfish and prawns during the get clean period to minimise your exposure to heavy metals like mercury. If you suspect eggs may be upsetting your digestion in any way, you can choose to eliminate these from the week one and two meal plans and then try reintroducing them in weeks three and four to test your tolerance

Although it is not essential, I recommend **eliminating all grains**, including gluten free varieties, such as rice and GF bread during week one and two at least, to assist with weight loss and gut repair. Long term you can decide if your body functions better off all GF grains and legumes, or if you are ok to include a small amount, and still maintain a healthy weight and optimal digestion.

I have included some recipes with quinoa which is technically a seed, but if you are following a strict Paleo diet, or if you need to avoid all starch because of insulin resistance or to accelerate your weight loss, then feel free to substitute these recipes with cauliflower rice.

You will notice I have included lots of smoothies and soups during the get clean stage - this is because liquids are easy for your body to digest, taking the pressure off your liver and bowel. This will help to stimulate detoxification and improve your overall digestive function and stimulate fat loss, as your body starts to process and eliminate accumulated waste and toxins and become more alkaline.

You can consume unlimited herbal teas on the program, except I recommend limiting green tea to no more than 2 cups per day due to the caffeine.

### Feel free to...

- \* Swap around any of the meals on the meal plans, to suit your personal tastes and lifestyle - remember you can include any of the other 'detox friendly' recipes during this stage.
- \* Repeat any of the meals and have left overs from dinner for lunch the following day. This is often more convenient, just as long as you don't get too bored!
- \* Experiment with new recipes that fit into the EYH guidelines and most of all have fun!