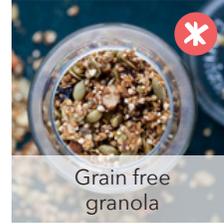
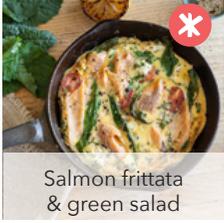
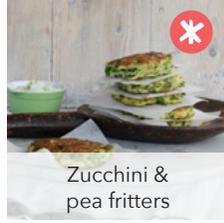
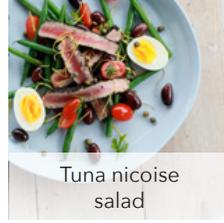
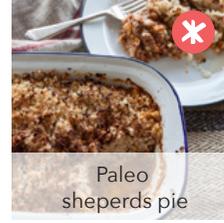
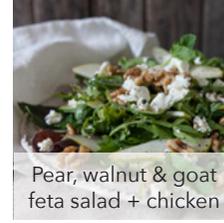
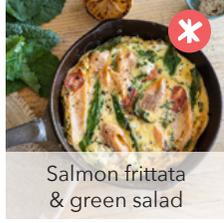
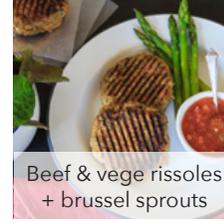
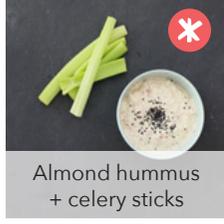
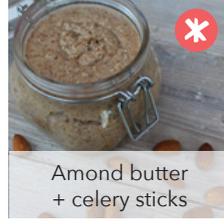
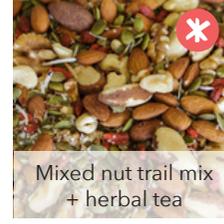


Week 4 sample meal plan

* Prepare the night before

* Sunday cook fest

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEFORE BREAKFAST	 Metabolism booster	 Bone broth	 Green goddess juice	 Bone broth	 Lemon & warm water	 Metabolism booster	 Green goddess juice
BREAKFAST	 Poached green eggs + bacon	 Grain free bircher muesli	 Green goddess power smoothie	 Grain free granola	 Choc coconut smoothie	 Grain free granola	 Goats feta, avo & herb omelette
LUNCH	 Roast chicken & mixed roast vege's	 Salmon frittata & green salad	 Goats feta almond quinoa + chicken	 Zucchini & pea fritters	 Tuna nicoise salad	 Paleo sheperds pie	 Pear, walnut & goat feta salad + chicken
DINNER	 Zucchini noodles & pine nut pesto	 Pan fried whiting + haloumi & tapenade	 Salmon frittata & green salad	 Creamy cauliflower & leek soup	 Slow cooked lamb shanks	 Lamb cutlets, dukkah & yummy zucchini	 Beef & vege rissoles + brussel sprouts
SNACKS	 Avocado + olive oil & lemon juice	 Coconut milk kefir	 Almond hummus + celery sticks	 Bellissimo balls + herbal tea	 Almond butter + celery sticks	 Coconut choc clusters + herbal tea	 Mixed nut trail mix + herbal tea

Wk 4 - Meal Plan

WHAT TO EXPECT & MINDSET MESSAGE

Welcome to your week four and final meal planner for the program! I hope you are feeling really in control of your eating habits by now, and confident in your ability to identify a healthy food choice from an unhealthy food choice, especially when eating out or navigating the supermarket aisle. As I've been mentioning throughout the program, the longer you apply the principles of the program to your every day eating habits, the more results you will continue to see overtime.

WHAT'S ON THE MENU

The week four meal plan is a continuation of the theme from week three, in that you can include red and white meat; goat and sheep's dairy in place of cow; and eggs - as long as these foods are agreeing with you. As I mentioned last week, the week three and four meal plans are considered the 'maintenance stage' of the program, so use these as a guide for how to eat not just this week, but also beyond the program.

Remember the more you continue to eliminate the 8 foods I recommend from your diet, the better you will look and feel, because these are the most problematic foods when it comes to causing:

- Weight gain
- Inflammation
- Fatigue
- Bad skin
- Hormonal imbalances
- Digestive problems
- Cognitive dysfunction, including mood swings, anxiety, depression, insomnia, poor concentration and memory.

If you find yourself in a situation from time to time where you are exposed to any of these 8 foods, don't panic too much, because as long as you are avoiding them at least 80% of the time, they shouldn't cause too much of a problem for you. Just be conscious to note any really acute reactions you may experience, as this is an indication that you need to be extra careful to avoid these foods.

Now, being the last week of the program, feel free to reward yourself with something from my [nothing naughty treats](#), just remember not to go overboard and gorge on them, because although they are very low in sugar and fructose free, they still contain a little bit of glucose, and too much can re-ignite any sugar cravings.

TRY SOMETHING NEW

Last week I recommended you introduce some bone broth into your weekly meal plan, because of it's powerful ability to repair your gut lining and reduce general inflammation. This week I recommend continuing the gut repair theme and try my recipe for [coconut kefir](#) or fermented vegetables, as these are a rich source of probiotics, which work to replenish your gut flora colonies and strengthen your immune defences and maintain healthy digestion.