



THE **5** DAY
PLAN

Rosemary
Ferguson

Friday

B = Breakfast
L = Lunch
S = Snacks
D = Dinner

Friday's Menu

Wake Up

Hot Water & Lemon + 2000mg Vitamin C + 4 Fibre Capsule Smart

Breakfast

Bircher Museli with Grated Apple, Cinnamon & Coconut

Nutrition: Energy, blood sugar balancing, fibre, digestive aid

Enjoy cold

Mid Morning

Shake - 3 tbsp of powder to 400ml of water

Lunch

Stuffed Butternut Squash

Nutrition: Skin, energy, antioxidants

Enjoy cold

Juice

Pineapple, Fennel & Celery

Nutrition: Gut, vit c, hydrating, anti-inflammatory

Snack

Hummus + GF Oatcake

Nutrition: protein, fibre, energy

Dinner

Slow Cooked Chicken Curry with Brown Rice

Nutrition: Immune support, detox, protein, circulatory

Add to a pan and reheat for 3-5 minutes

Bedtime

1 Capsule of Probiotics