



Monday

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

Monday's Menu

Wake Up

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

Breakfast

Buckwheat Toast with an Avocado Smash

Nutrition: Good fats, anti-inflammatory, good for energy

Toast the bread and spread the avocado

Mid Morning

Shake - 3 tbsp of powder to 400ml of water

Lunch

Congee with Steamed Greens

Nutrition: Great for the gut, anti-inflammatory, vitamin c

Enjoy hot or cold. Warm the congee and greens on the hob for 5 minutes

Juice

Apple, Beetroot & Carrot

Nutrition: Multi vitamin, beta carotene, liver supporting

Snack

Hummus & Crudite

Nutrition: protein, good fats, fibre, stabilises blood sugar levels

Dinner

Red Thai Vegetable Curry with Parsley Cauliflower Rice

Nutrition: Circulatory, vitamin c, energy

Reheat the curry on the hob for 3-5 minutes. You can either leave the cauliflower rice cold or blanch it slightly.

Bedtime

1 Capsule of Probiotics