



THE **5** DAY
P L A N

Rosemary
Ferguson

Thursday

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

Thursday's Menu

Wake Up

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

Breakfast

Nut & Seed Cereal with Berries & Almond Milk

Nutrition: Skin, energy, mineral rich, protein

Mid Morning

Shake - 3 tbsp of powder to 400ml of water

Lunch

Chickpea & Butternut Squash Biryani with Brown Rice

Nutrition: Energy, protein, b vits

Add to a pan and reheat for 3-5 minutes

Juice

Kiwi, Pear & Kale

Nutrition: Hydrating, detoxifying, immune support.

Snack

Nuts & Seeds

Nutrition: Protein, good fats, fibre,

Dinner

Marinated Tofu with Cavolo nero & Swiss Chard

Nutrition: Protein, energy, mineral rich, vitamin rich

Enjoy hot or cold. Add to a pan and heat for 5 minutes

Bedtime

1 Capsule of Probiotics