

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

Tuesday's Menu

Wake Up

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

breakfast

Sweet Potato Rosti with Beetroot Hummus Nutrition: Beta carotene, antioxidants, vit C, liver support Enjoy cold

Mid Morning

Shake - 3 tbsp of powder to 400ml of water

Lurch

Lemony Sweet Potato Tagine with Herby Cauliflower Rice Nutrition: Vitamin c, alkalizing, energy

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

Juice

Apple, Carrot, Ginger Nutrition: Antioxidants, beta carotene, gut

Snack

Nuts + Seeds Nutrition: Protein, good fats, fibre

limer

Baked Citrus Salmon with Kimchi Slaw Nutrition: Protein, great for the gut, great for digestive health, probiotic

Enjoy cold

bedtime

1 Capsule of Probiotics