

B =Breakfast L = Lunch

S = Snack

D = Dinner

Wednesday's Menu

Wake Up

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

Breakfast

'Start The Day Right' Smoothie Nutrition: Fibre, energy, slow burning fuel

Mid Morning

Shake - add 3 tbsp of powder to 400ml of water

Lunch

Spiced Carrot & Lentil Soup

Nutrition: Beta carotene, vitamins c, circulatory

Add to a pan and reheat for 3-5 minutes

Juice

Apple, Cucumber & Spinach

Nutrition: Energy, antioxidants, hydration

Smoothie

Pear, Avocado & Kale

Nutrition: Energy, blood sugar balancing, good for the skin

Dirrer

Green Goddess Soup

Nutrition: Alkalizing, gut, detoxifying

Add to a pan and reheat for 3-5 minutes

Bedtime

1 Capsule of Probiotics