FOOD DIARY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Spinach, Pepper & Goats Cheese Omelette.	Walnut Crush (Cook Book)	Water Cress with Garlic and Scrambled Eggs.	Raspberries, Almonds, Pumpkin Seeds and Greek yoghurt sprinkled with Cinnamon.	Asparagus Eggy Soldiers (Cook Book)	Scrambled egg, Debbie and Andrews Sausages, lean bacon and tomatoes	Spinach and Goats cheese omelette.
Mid-Morning	Greens Drink (Cook Book)	Greens Drink (Cook Book)	Greens Drink (Cook Book)	Greens Drink (Cook Book)	Greens Drink (Cook Book)	Greens Drink (Cook Book)	Greens Drink (Cook Book)
Lunch	Chicken Salad with Balsamic Vinegar.	Chicken & Avocado Salad (Cook Book)	Tuna and Feta Salad	Spicy Tuna Salad (Cook Book)	Salmon Salad with Spinach, grated carrot, tomatoes, peppers and grapes with lemon juice squeezed over the top.	Chicken & Vegetable stir fry with rice noodles.	Mackerel and Spinach Salad with Balsamic Vinegar
Afternoon	2 Rice Cakes with Almond Butter	Full Fat Hummus and Carrot Sticks	Handful of strawberries and almonds.	2 Rice cakes with Cashew Butter.	Handful of Nuts.	Carrot sticks and Full Fat hummus.	Full Fat Greek Yoghurt, Blueberries, Honey.
Evening	Avocado Stuffed Burgers with Sweet Potato Chips (Cook Book)	Fillet steak with Sautéed kale	Salmon & steamed veg.	Italian Style Beef Stew (Cook Book)	Steak, tomatoes, onions, peppers & mushrooms.	Chicken Curry with Apple (Cook Book)	Shepherd's Pie (Cook Book)
Late Evening (small snack if needed)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Water	3 litres	3 litres	3 litres	3 litres	3 litres	3 litres	3 litres
Tulsi Original	2 cups per day after 2pm	2 cups per day after 2pm	2 cups per day after 2pm	2 cups per day after 2pm	2 cups per day after 2pm	2 cups per day after 2pm	2 cups per day after 2pm