

Here is a sample meal plan to try:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 apple, 1 pear, 200ml Greek yoghurt, topped with mixed frozen berries and raw nuts	Oats with milk, honey and cinnamon	Omelette with feta, mozzarella cheese, onion and spinach	Berry smoothie (frozen berries, plain yoghurt, banana, raw almonds, and fruit juice)	Banana, apple, oat and pecan flapjacks with honey	Avo on seeded brown bread	Cheesy scrambled egg on seeded rye toast
SNACK	Rice cake with Bovril and Cheddar	1 orange 7 raw almonds	1 handful dried apricots 1 apple	1 hard-boiled egg 1 naartjie	100g trail mix	Veg crudité's and hummus dip	1 pear, 1 orange
LUNCH	Chicken and broccoli stir-fry with fresh ginger	Baked potato with cheese, mince and grilled peppers	Roasted vegetable salad with bulgur wheat and pumpkin seeds	Toasted cheese and tomato on rye with side salad	Chicken a la King with brown and wild rice and lentils	Creamy haddock and broccoli bake	Beef pot roast with carrots, broccoli and brown rice
SNACK	1 naartjie	1 pear	1 banana	1 apple	1 pear 1 naartjie	1 banana	1 apple
DINNER	Beef and lentil bobotie	Chicken and broccoli quiche	Grilled hake, baby potatoes and avo salad	Baked chicken, creamed spinach, broccoli, and roasted carrots	Lamb chops, green bean, onion and potato mash, and tomato salsa	Spinach and feta pasta pockets with Puttanesca sauce	Butternut soup

