

Example weekly diet							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Low sugar - juice cucumber, mint ginger, celery	<u>Chia Seed Pudding*</u>	<u>Labneh & Muesli*</u>	Oats cooked with apple, raisins, cinnamon, topped with walnuts & flaxseed	<u>Breakfast Muffins*</u> Low sugar - smoothie Spinach, walnuts, avocado, raspberries, cocoa powder	Eggs, wholemeal toast with avocado and cherry tomatoes	<u>Baked Sweet Potato*</u> frittata with avocado and cherry tomatoes
Snack	Mixed, raw, nuts & seeds Green tea	<u>Apple</u> Lemongrass tea	Guacamole and carrot and cucumber sticks Cinnamon tea	Banana Turmeric Latte	<u>Chickpea Treats*</u> Ginger & Lemon Tea	<u>Kale Chips*</u> White green tea	<u>Cali Cauli with Mint Salsa Verde*</u> Chia tea
Lunch	Salad nicoise with wholemeal wrap	Greek salad with avocado	<u>Roasted Mediterranean Vegetable + Quinoa*</u>	<u>Red Lentil Soup*</u>	Egg and veg wholemeal wrap With <u>Turmeric Hummus*</u>	<u>Roast Pumpkin Sensational Soup*</u>	<u>Coriander Chicken with Roasted Eggplant & Chilli *</u>
Afternoon tea	Rooibos – antioxidant & caffeine free tea	Green tea for an anti-oxidant pick me up	Mint tea – a digestive soother	Liquorice tea – for something sweet tasting	Turmeric chai latte- the king of anti- inflammatory spices	Ginger and lemon – stimulating pain relief	Chamomile – for relaxation
dinner	Mung dahl (ginger, turmeric & garlic) and cauliflower rice	<u>Chili – A Heart- Healthy Recipe*</u>	<u>Mexican Quesadillas*</u>	<u>Thai Green Curry Chicken*</u>	Too Easy Salmon Cakes* with <u>Green Bean Salad with Marinated Tofu and Almonds*</u>	<u>Crockpot Chana Masala*</u> & lamb chops	<u>Broccoli Soup*</u> Roast vegies and baked fish with ginger and chilli

*Available from <http://ahealthyview.com/free-recipes>