

## 7 Day Kick Start Menu Plan

	On Rising	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Large glass warm water, slice of lemon	Granola <i>Omega 3 Supplements</i>	Small handful mixed nuts and seeds	<i>30m prior: water</i> Carrot and Coriander Soup	Veggie sticks and hummous	<i>30m prior: water</i> Aubergine and Black Bean Chilli
Day 2	Large glass warm water, slice of lemon	Granola <i>Omega 3 Supplements</i>	Veggie sticks and hummous	<i>30m prior: water</i> Carrot and Coriander Soup	Small handful mixed nuts and seeds	<i>30m prior: water</i> Vegetable and Olive Pasta
Day 3	Large glass warm water, slice of lemon	Fruit of choice + plain, organic probiotic yoghurt + mixed seeds <i>Omega 3 Supplements</i>	Small handful mixed nuts and seeds	<i>30m prior: water</i> Baked sweet potato + salad	Veggie sticks and hummous	<i>30m prior: water</i> Salad Nicoise
Day 4	Large glass warm water, slice of lemon	2 poached eggs Grilled mushrooms Grilled tomatoes <i>Omega 3 Supplements</i>	Veggie sticks and hummous	<i>30m prior: water</i> Baked sweet potato + salad	Small handful mixed nuts and seeds	<i>30m prior: water</i> Free Choice
Day 5	Large glass warm water, slice of lemon	Fruit of choice + plain, organic probiotic yoghurt + mixed seeds <i>Omega 3 Supplements</i>	Small handful mixed nuts and seeds	<i>30m prior: water</i> Lentil and coconut soup	Veggie sticks and hummous	<i>30m prior: water</i> Thai green curry with (optional) prawns
Day 6	Large glass warm water, slice of lemon	Breakfast Smoothie <i>Omega 3 Supplements</i>	Veggie sticks and hummous	<i>30m prior: water</i> Lentil and coconut soup	Small handful mixed nuts and seeds	<i>30m prior: water</i> Warm Apple & Quinoa Salad
Day 7	Large glass warm water, slice of lemon	Breakfast Smoothie <i>Omega 3 Supplements</i>	Small handful mixed nuts and seeds	<i>30m prior: water</i> Quinoa Salad leftovers	Veggie sticks and hummous	<i>30m prior: water</i> Mushroom Risotto

