

SAMPLE WEEKLY EATING PLAN

	MON	TUES	WED	THURS	FRI
BREAKFAST	Breakfast Muffin Black coffee/Green tea Greens shake	PRE TRAINING Fasted (Coffee) POST TRAINING Porridge (half cup), Flax, Sesame, Sunflower, Chia seeds, Manuka Honey(T spoon)	Greens shake 2,3 Scrambled whole eggs Spinach/2 x slices smoked Salmon Greens shake	2 x Boiled Eggs Mushrooms x5 Tomatoes x 1 Spinach(limitless) 2 x Lean Bacon Greens Shake	PRE TRAINING Fasted (coffee) POST TRAINING Paleo Granola, US Almond milk -Boiled egg Greens shake
SNACK	5 x Cashews 1 x Apple	5 xRaspberries Sunflower seeds x 10	5 x Blueberries 4 x Macademia nuts	1 x small slice Paleo banana bread	Homemade paleo energy bar
LUNCH	Homemade Chicken and Veg Soup Chicken Breast, Salad/Half Avocado /Apple cider vinegar/olive oil peppermint tea	Tuna Salad/ ½ Avocado/Feta/apple cider vinegar Green Tea	Breakfast Muffin -Egg -Bacon -Tomatoes -Spring onions Greens drink peppermint tea	Homemade Soup/ Broc/leek/kale/Onion Smoked salmon salad with 5 xCashew nuts Green Tea	Greens Smoothie Apple-Lime-Spincac h /Kale-Ice/Greens powder Paleo banana bread peppermint tea
SNACK	Paleo Banana Bread		PRE TRAINING Coconut Coffee		5 x macademia nuts
DINNER	POST WORKOUT 1 portion Shephards pie With sweet pot mash for topping. 2x square 85% choc Tulsi /Cam/Chik Tea	3 x egg Omelette-Fresh turkey/ham Veg 5 x Rasberries Tulsi/Cam/Chik Tea	POST WORKOUT Steak/onions/Sweet potato fries x 1/2 of a small sweet potatoe + Green Veg Tulsi/Cam/Chik Tea	Salmon fillet x1 + Asparagus/Spinach Tulsi /Cam/Chik Tea	Paleo Spag Bol. Courgette spirals instead of pasta Tulsi/Cam/Chik Tea