

MOJO MULTIPLIER BLUEPRINT MEAL PLAN - WEEK 2



Option For Intermittent Fasting		All Meat Products Foods Organic			Preferably All Veggies Organic		Drink Green / Oolong Tea and /or black coffee	
DAY	WAKE UP REFUEL	WORKOUT	POST WORKOUT	BREAKFAST	LUNCH	DINNER	SNACKS	
Monday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Two	Green vegetable Juice (spinach, kale, parsley, cucumber, apple, lemon) and protein bar/protein shake	5x eggwhite omelette with spinach, broccoli, onions, red pepper, mushrooms, garlic, your favourite seasoning (salt, pepper, cayenne pepper, termeric). Side portion of half avocado	Fatty fish (tuna/mackeral/salmon) on mixed green salad with sweet potato if required	Meat or fish with Ratatoulli - see recipe book. Add quinoa If you're super hungry	Raw almonds, macadamias, pine nuts, 1-2 pieces of fruit	
Tuesday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Two	Beet vegetable Juice and protein bar/protein shake	3x whole organic eggs scrambled or omelette with spinach, broccoli, onions, red pepper, mushrooms, garlic, your favourite seasoning (salt, pepper, cayenne pepper, termeric). Side portion of half avocado	Meat (chicken/turkey/ham) with mixed chopped salad on quinoa, olive oil and balsamic dressing, salt and pepper	Meat or fish with Sautéed Kale and creamed spinach. Add baked sweet potato if you're hungry	Celery sticks with organic almond butter (a classic quick healthy snack)	
Wednesday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Two	Carrot Vegetable Juice and protein bar/protein shake	5x eggwhite omelette with spinach, broccoli, onions, red pepper, mushrooms, garlic, your favourite seasoning (salt, pepper, cayenne pepper, termeric). Side portion of half avocado	Fatty fish (tuna/mackeral/salmon) on mixed leafy green salad with sweet potato if required	Meat or fish with roasted Butternut Squash and sautéed Kale	Raw almonds, macadamias, pine nuts, 1-2 pieces of fruit	
Thursday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Two	Green Vegetable Juice and protein bar/protein shake	3x whole organic eggs scrambled or omelette with spinach, broccoli, onions, red pepper, mushrooms, garlic, your favourite seasoning (salt, pepper, cayenne pepper, termeric). Side portion of half avocado	Meat (chicken/turkey/ham) with mixed chopped salad on quinoa, olive oil and balsamic dressing, salt and pepper	Meat or fish with sweet Potato Fries and Bacon, Spinach and mushroom casserole	Hummus with carrot sticks or sliced red/yellow/orange peppers (hummus made with olive oil)	
Friday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Two	Beet vegetable Juice and protein bar/protein shake	5x eggwhite omelette with spinach, broccoli, onions, red pepper, mushrooms, garlic, your favourite seasoning (salt, pepper, cayenne pepper, termeric). Side portion of half avocado	Fatty fish (tuna/mackeral/salmon) on mixed green salad with sweet potato if required	Meat or fish with Roasted Sweet Potatoes With Rosemary and coconut creamed leaks	Raw almonds, macadamias, pine nuts, 1-2 pieces of fruit	
Saturday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Two	Toxin Flush - check out recipe on Nektat	3x whole organic eggs scrambled or omelette with spinach, broccoli, onions, red pepper, mushrooms, garlic, your favourite seasoning (salt, pepper, cayenne pepper, termeric). Side portion of half avocado	Meat (chicken/turkey/ham) with mixed chopped salad on quinoa, olive oil and balsamic dressing, salt and pepper	Meat or fish with Baked Carrots, quinoa and sautéed Kale	Apple or other fruit with almond butter (apple slices with almond butter is one of my favorite snacks!)	
Sunday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Two	Beet Vegetable Juice and protein bar/protein shake	5x eggwhite omelette with spinach, broccoli, onions, red pepper, mushrooms, garlic, your favourite seasoning (salt, pepper, cayenne pepper, termeric). Side portion of half avocado	Fatty fish (tuna/mackeral/salmon) on mixed green salad with sweet potato if required	Meat or fish with Bacon, Spinach and Mushroom Casserol. Treat yourself with ice cream or your favourite dessert	Raw almonds, macadamias, pine nuts, 1-2 pieces of fruit	