

MOJO MULTIPLIER BLUEPRINT MEAL PLAN - WEEK 7



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 Seven	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/mackerel/salmon) on mixed green salad with sweet potato if required	Flank Steak with cherry tomato salad. Sauteed quinoa (with onions and garlic), steamed broccoli	Raw almonds, macadamias, pine nuts, 1-2 pieces of fruit, green tea, oolong tea, black coffee,
Tuesday	Redydrate, Energise & Cleanse: Half lemon & Half Litre of Water, Supplements: Omega 3s, Zinc, probiotics, multivitamins, BCAAs	Refer to Members Area Week Seven	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	Herb roasted chicken breast with pan-fried vegetables. Mixed green salad as a side dish	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 Seven	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/mackerel/salmon) on mixed leafy green salad with sweet potato if required	Stuffed Portabello Mushrooms with green beans and mixed side salad	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 Seven	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	Meatballs on spaghetti squash. Mixed grilled vegetables	Hummus with carrot sticks or peppers (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 Seven	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/mackerel/salmon) on mixed green salad with sweet potato if required	Pork Tenderloin with zucchini salad and baked sweet potato	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 Seven	Carrot 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	Broiled halibut with broccoli and toasted garlic. Quinoa side salad	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 Seven	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/mackerel/salmon) on mixed green salad with sweet potato if required	Red bell pepper and asparagus beef stirfry. Mixed green side salad. Treat yourself to a dessert	Raw almonds, macadamias, pine nuts, 1-2 pieces of fruit