

7 DAY BODYFLUSH MEAL PLAN

DAY ONE

As soon as you wake up: A mug of slightly cooled boiled water with freshly squeezed lemon or lime.



Breakfast: A 3 egg mushroom and chopped pepper omelette cooked in Coconut Oil or with a knob of kerrygold butter with steamed spinach or spinach leaves and chopped red onion

Lunch: Mackerel with spinach and watercress salad with chopped strawberries & raspberries with a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar.

Dinner: Steamed cod fillet and steamed vegetables with a knob of butter over vegetables (broccoli, kale, cauliflower), A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

Hydration: 2-3 litres of still and where possible filtered water.

DAY TWO

As soon as you wake up: A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Breakfast: Steak & Eggs with spinach, chopped strawberries, blueberries and red pepper salad with a drizzle of extra virgin olive oil.

Lunch: 2 chicken thighs (add paprika and sea salt to the skin) with spinach, watercress, chopped peppers with a drizzle of extra virgin olive oil

Dinner: Haddock with steamed green vegetables with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Hydration: 2-3 litres of still and where possible filtered water

DAY THREE

As soon as you wake up: A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Breakfast: Boiled Eggs with spinach leaves, cucumber, watercress, red onion, chopped apple, chopped peppers with a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar.

Lunch: 1 Chicken Breast (with skin on preferably) with steamed greens (including broccoli and kale) Add knob of butter to vegetables

Dinner: Steak (sirloin,rump,rib eye) and steamed Brussels, broccoli and Kale with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime



Hydration: 2-3 litres of still and where possible filtered water

DAY FOUR

As soon as you wake up: A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Breakfast: A 3 egg vegetable omelette cooked in coconut oil

Lunch: Prawns and Calamari rings with lettuce, rocket, cucumber, tomatoes, chopped peppers, berries and a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar

Dinner: Steamed Salmon fillet with stir fry cooked in coconut oil. A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

Hydration: 2-3 litres of still and where possible filtered water

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DAY FIVE

As soon as you wake up: A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Breakfast: Chicken breast wrapped in bacon and steamed green vegetables with a knob of butter

Lunch: Tuna with steamed broccoli, kale and cauliflower or spinach leaves, watercress, rocket, chopped peppers, tomatoes, raw beetroot and cucumber

Dinner: Turkey thigh and steamed green vegetables with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Hydration: 2-3 litres of still and where possible filtered water

DAY SIX

As soon as you wake up: A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Breakfast: 2 eggs, 2 bacon, mushrooms, tomatoes, 97%+ pork sausage

Lunch: Turkey thigh, spinach, watercress, rocket, red onion, peppers, berries and a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar

Dinner: Salmon and steamed green vegetables with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

Hydration: 2-3 litres of still and where possible filtered water



DAY SEVEN

Breakfast – Meal in a Bowl (Gluten Free Porridge made with full fat organic milk, dollop of full fat thick cream, 1 tsp flax seeds, 1 tsp milled chia seeds, topped with crushed nut, blueberries & sprinkle of cinnamon). A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

Lunch: Egg (cooked in coconut oil or butter), Bacon, 97% pork sausages, mushrooms and fried tomatoes (cooked in coconut oil or butter).

Evening: [Open](#) (Enjoy a meal of your liking)

Hydration: 2-3 litres of still and where possible filtered water

FOOD TABLE & NUTRITION GUIDELINES (use to create tasty meals)

MEAT	POULTRY	FISH		
Beef	Chicken	Mackerel	Grouper	Trout
Buffalo	Duck	Salmon	Halibut	Whitefish
Elk	Goose	Sardine	Mahi-Mahi	Clams
Heart	Pheasant	Anchovy	Octopus	Crab
Kidney	Quail	Bass (Freshwater)	Oysters	Lobster
Lamb	Turkey	Sea Bass	Perch	Mussels
Liver	Ostrich	Catfish	Rockfish	Shark
Rabbit		Caviar	Roughy	Squid
Venison		Cod	Shrimps/prawns	Swordfish
		Crayfish	Scallops	Tuna
			Snapper	Cockles

LEGUMES	NUTS & SEEDS	BEVERAGES	DAIRY & EGGS
Aduki Beans	Almonds	Goats Milk	Duck Eggs
Black Beans	Brazil Nuts	Tea (Herbal)	Chicken Eggs
Black-Eyed Peas	Cashews	Vegetable Juices	Feta
Fava Beans	Chestnuts	(not concentrate)	Halloumi
Garbanzo Beans	Macadamia	Water	Goats Cheese
Green Beans	Pecans	Coconut Milk	Cottage Cheese
Green Peas	Pine Nuts	Almond Milk	Full Fat Cream
Lentils	Pistachios	Rice Milk	Full Fat Greek Yoghurt
Lima Beans	Poppy Seeds	Coconut Water	(Unsweetened)
Mung Beans	Pumpkin Seeds	Organic Coffee	
Navy Beans	Sesame Seeds	(Caffeinated)	
	Walnuts	Organic Green Tea	
	Sunflower Seeds		

GRAINS	GREENS	VEGETABLES		
Amaranth	Beet Greens	Artichoke	Leek	Sweet Potato
Buckwheat	Dandelion Greens	Asparagus	Olives	Turnip
Kamut	Endive	Bamboo Shoots	Onion	Mushrooms
Millet	Kale	Beet	Radishes	
Quinoa	Lettuce	Bok Choy	Aubergine	
Rice (Basmati)	Mustard Greens	Broccoli	Jicama	
Rice (Brown)	Rocket	Brussel Sprouts	Kohirabi	
Spelt	Spinach	Cabbage	Okra	
Wild Rice	Sprouts (Alfafa)	Carrot	Parsnip	
	Sprouts (Bean)	Cauliflower	Peppers	
	Swiss Chard	Celery	Rutabanga	
	Turnip Greens	Cucumber	Shallots	
	Watercress	Corn	Water Chestnuts	
	Pea Shoots	Fennel	Courgette	
		Garlic	Potato	
		Ginger	Pumpkin	
		Ginger root	Squash	

FRUITS			HERBS, SPICES & SEASONING		
Apples*	Grapes	Plums	Anise	Dill	Peppermint
Avocado	Guava	Pomegranate	Celtic Sea Salt	Fennel Seed	Rosemary
Banana	Figs	Prunes	Basil	Fenugreek	Saffron
Blackberries*	Honeydew Melon	Raspberries*	Bay Leaf	Ginger	Sage
Blueberries*	Kiwifruit	Rhubarb	Caraway	Honey (manuka)	Salt (unrefined)
Boysenberries*	Kumquat	Strawberries*	Cardamon	Horseradish	Spearmint
Cantaloupe	Lemons*	Tangerines	Carob	Himalayan Salt	Tarragon
Casaba Melon	Limes*	Tomatoes	Cayenne	90% Org Choc	Thyme
Cherries*	Loganberries	Watermelon	Chervil	Marjoram	Turmeric
Coconut*	Mango		Chilli Powder	Mint	Wasabi
Cranberries*	Nectarines	* indicates fruits	Chive	Mustard	
Currents	Oranges	ideal for those	Cinnamon	Nutmeg	
Dates	Papaya	seeking weight	Cloves	Oregano	
Elderberries*	Pears*	loss	Coriander	Paprika	
Gooseberries*	Persimmon		Cumin	Parsley	
Grapefruit	Pineapple		Curry Powder	Pepper (Ground)	

FATS & OILS
Almond oil
Blackcurrant Oil
Coconut Oil
Evening Primrose
Fish Oil
Flax Seed Oil
Hemp Oil
Walnut Oil
Avocado Oil
Almond Butter
Brazil Nut Butter
Beef Dripping
Lard
Cashew Nut Butter
Butter (Kerrygold)
Extra Virgin Olive Oil
Duck/Bacon Fat
Goose/Chicken Fat

Please use this food table to help you to plan your meals with more variety.

For example, when you see on the following nutrition plans, "Fish Choice", simply look at the food table and you will see that there are multiple choices of fish.

You simply select one and then, next time, when you see "Fish Choice" again, choose another one.

This plan gives you so much flexibility in preparing nutritious meals and allows you to have a wide variety of food in your nutrition plan.

Legumes Consume food from this group only if you digest Legumes well

KEY POINTS:

(1) Always consult a health care professional before starting any nutrition program

(2) Use the food table to get all the choices you need and ROTATE foods regularly

(3) The grains provided in the food table are Gluten Free

(4) For your fluid intake, drink inbetween meals

(5) **PLEASE NOTE:** Carbohydrate intake depends on exercise intensity & duration. Little exercise requires little to no starchy carbs, the more exercise you do = more carbs

Starchy Vegetables* (Including but not limited to): Parsnip, Pumpkin, Sweet Potato White Potato.

*Consume starchy vegetables in small amounts. They are best eaten after exercise.

(6) Cheat Meal is your choice but try not to go overboard

(7) Portion Size (as much vegetables as you want but limit root vegetables). Fruit (small bowl eg: berries or 1 piece of fruit (ALWAYS TRY AND BUY ORGANIC)

