

14 DAY EXAMPLE MEAL PLAN

DAY ONE

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

Breakfast: Scrambled egg with mushrooms and tomatoes cooked in coconut oil

Lunch: Mackerel or Tuna with spinach. Watercress and crushed walnut salad with drizzle of extra virgin olive oil

Dinner: Cod fillet and steamed/boiled green vegetables with a knob of Kerrygold butter (broccoli, kale), 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: Turkey thigh (use herbs and spices on meat for more flavour) with spinach and red pepper salad with a drizzle of extra virgin olive oil

Lunch: 2 chicken thighs (use herbs and spices on meat for more flavour) with tomatoes, strawberries, chopped onion, rocket, watercress drizzle of extra virgin olive oil and balsamic. Handful of brazil nuts

Dinner: Steamed haddock with large portion steamed green vegetables with a knob of Kerrygold 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: Scrambled egg made with butter and full fat cream with salmon

Lunch: Chicken breast (use herbs and spices on meat for more flavour) with large portion steamed greens (including broccoli and kale)

Dinner: Pork Chop (use herbs and spices on meat for more flavour) and large portion steamed Brussels, broccoli and Kale with a knob of Kerrygold 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: 3 eggs and chopped haddock omelette cooked in coconut oil.

Lunch: Salmon steak topped with chopped dill, with a large portion of green vegetables

Dinner: Steak (use herbs and spices on meat for more flavour), mushrooms with salad of rocket, spinach, onions, blueberries, raspberries and tomatoes with a drizzle of extra virgin olive oil and balsamic. 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 FIVE

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

Breakfast: Turkey thigh (use herbs and spices on meat for more flavour) and steamed green vegetables with a knob of kerrygold butter

Lunch: Tuna steak with steamed broccoli or spinach leaves, chopped red onion, mango, tomatoes, cucumber and red pepper.

Dinner: stir fry made with prawns and scallops and mixed vegetables 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

DAY SIX

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

Breakfast: Egg, bacon, tomatoes and chopped mushrooms

Lunch: Chicken breast or thighs (use herbs and spices on meat for more flavour) with a huge green salad, chopped berries, chopped red onion and a drizzle of balsamic and extra virgin oil topped with crushed walnuts

Dinner: Congratulations you have consistently eaten real food for 13 days, you may enjoy a meal of your liking. (Don't binge, you are back on the plan in the morning).

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

DAY SEVEN

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

Breakfast: Scrambled egg cooked in coconut oil, bacon, sausage, fried tomato (coconut oil) and mushrooms (in coconut oil)

Lunch: pan fried prawns cooked with a little butter, chopped coriander and squeeze of lemon (add chilli flakes if you like) with a green salad and tomatoes, drizzled with extra virgin olive oil. Berries.

Evening: Duck breast (use herbs and spices on meat for more flavour) with broccoli, cauliflower, spinach, parsnip.

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 EIGHT

Breakfast: Meal in a Bowl (Gluten free oats, full fat milk, full fat thick cream, teaspoon ground flax, teaspoon milled chia seeds, sliced banana, strawberries, blueberries and crushed walnuts with sprinkle of cinnamon) . Herbal Tea OR a mug of slightly cooled boiled water with freshly squeezed lemon or lime

Lunch: Open

Dinner: Steak (Use herbs and spices for more flavour) with broccoli, cauliflower & Kale (unlimited amount) 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 NINE

Breakfast: Chicken Breast (use herbs and spices for more flavour) with a handful of Kale – either steam or lightly stir fry in Kerrygold butter. Herbal Tea OR a mug of slightly cooled boiled water with freshly squeezed lemon or lime

Lunch: Haddock Fillet (either grill or bake) with a mixed green salad drizzled with added chopped strawberries, raw beetroot, blueberries and walnut oil. Handful of almonds

Dinner: Homemade beef burger (organic mince, 1 egg to bind, chopped onion and any spices you may want to add like chilli flakes) with lettuce leaf bun, Slice of bacon, red onion rings, organic cheese or a good cheddar. Serve with huge portion of green vegetables. Mug of slightly cooled boiled water with freshly squeezed lemon or lime.

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

DAY 10

Breakfast: 4 – 6 scallops cooked in real butter with optional crushed garlic (pan fry them quickly, 2 minutes each side) or another white fish on a bed of spinach, rocket and watercress . Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime

Lunch: Grilled chicken breast or thighs (use herbs and spices for more flavour) with garden salad including, chopped peppers, berries, drizzled with extra virgin olive oil/walnut nut oil. Handful of cashews

Dinner: Recipe

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

DAY ELEVEN

Breakfast: 3 scrambled eggs cooked in coconut oil with grilled tomatoes, mixed with 1 portion of green beans. Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime

Lunch: Recipe

Dinner: Open

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

DAY TWELVE

Breakfast: Fruit and Nut bowl (strawberries, blueberries, raspberries, cherries, chopped walnuts and cashews with full fat natural yoghurt. Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime.

Lunch: Grilled Prawns with rocket, watercress, chopped red onion, cucumber, chopped strawberries, blueberries, mango, tomatoes drizzled with extra virgin olive oil, chilli flakes and squeeze of lemon

Dinner: Chicken breast (use herbs and spices to add flavour) with a large portion of 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 THIRTEEN

Breakfast: Egg, mushrooms, tomatoes cooked in coconut oil, bacon and sausage (as near to 100% pork as possible) Tuck in and enjoy!!!! Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime.

Lunch: Chicken thighs, veggies and sweet potato chips

Dinner: Open

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

DAY FOURTEEN

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: Chicken Breast (with skin on preferably) with steamed greens (including broccoli and kale) Sweet Potato Wedges - Add knob of butter to vegetables

Dinner: Recipe

Additional meal: Add in extra meal around training

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)

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