

4-WEEK 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

[Click To Ask A Question](#)

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

DAY EIGHT

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 NINE

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 TEN

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 ELEVEN

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 TWELVE

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 THIRTEEN

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 FOURTEEN

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 FIFTEEN

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 SIXTEEN

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 SEVENTEEN

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 EIGHTEEN

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 NINETEEN

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 TWENTY

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 TWENTY-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: 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

DAY TWENTY-TWO

Breakfast: Smoked Salmon and Scrambled egg cooked in coconut oil. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Lunch: Sliced steak salad. Herbal Tea

Dinner: Open

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

DAY TWENTY-THREE

Breakfast: Fruit and nut bowl (chopped strawberries, banana, blueberries, raspberries, crushed walnuts and almonds with full fat unsweetened yoghurt, pinch of cinnamon plus poached eggs (optional). Cup of hot water with slice of lemon/lime

Lunch: Tuna Salad with a drizzle of balsamic vinegar. Handful of almonds. Herbal tea

Dinner: Tossed Green Salad, Grilled Halibut Steak with lemon juice and dill Steamed Asparagus, Sliced Kiwi Fruit and tangerine wedges

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

DAY TWENTY-FOUR

Breakfast: Open

Lunch: Sliced chicken salad, Apple, Mineral Water

Dinner: Salmon steak topped with dill, broccoli and 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

Copyright Notice

No part of this manual may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

DAY TWENTY-FIVE

Breakfast: Gluten Free Porridge, full fat milk, 1 tablespoon of full fat cream, 1 teaspoon of ground flaxseeds (once cooked add crushed nuts) A mug of slightly cooled boiled water with freshly squeezed lemon or lime

Lunch: Open

Dinner: Chicken 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

DAY TWENTY-SIX

Breakfast: 3-4 egg omelette, chopped pepper and mushrooms cooked in coconut oil. Herbal tea

Lunch: Spinach Salad with prawns and calamari. Apple slices with lemon juice

Dinner: Recipe

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

DAY TWENTY-SEVEN

Breakfast: Open

Lunch: Salmon Flakes and Prawns on a bed of spinach leaves, rocket, watercress tomatoes, cucumber and avocado with a squeeze of lemon juice and drizzle of extra virgin olive oil. Cold water with slice of lemon

Dinner: Beef Casserole. 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 TWENTY-EIGHT

Breakfast: Open

Lunch: Open

Dinner: Recipe

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

copyright Notice

No part of this manual may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.