

DAY 15 - 20

DAY 15

BREAKFAST

1/2 to 1/3 plate of blackberries

20g walnuts

1 and 1/2 scoop whey protein

SNACK:

15g walnuts

LUNCH:

300g of cod

1/2 avocado

1 cucumber (either the small variety or up to a half of a normal one)

7 asparagus stalks

SNACK:

1/2 avocado

1 cucumber (either the small variety or up to a half of a normal one)

7 asparagus stalks

1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

DINNER:

300g of cod

1/2 avocado

1 cucumber

7 asparagus stalks

****RECIPE PREP*****

For your last 4 days of the program, make sure you're familiar with these important recipes

Green bean recipe

Ham and cheese cups

Egg white muffins

DAY 16

BREAKFAST

1/2 to 3/4 plate of blackberries.

20g walnuts

1-2 scoops whey protein

SNACK:

15g walnuts

LUNCH:

300g of cod

1/3 avocado

1 cucumber

5 asparagus stalks

SNACK:

1/2 avocado

1 cucumber

5 asparagus stalks

1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

DINNER:

300g of cod
1/2 avocado
1 cucumber (either the small variety or up to a half of a normal one)
5 asparagus stalks

DAY 17**BREAKFAST**

10 egg whites. Add mushrooms and organic bacon bits (only a small amount, as we want to keep the total fat content down).
Add in cayenne, sesame, cardamom, turmeric, garlic, ginger and black pepper to the egg whites
Raw green beans (use recipe)

LUNCH:

300g chicken. Vegans can substitute tofu or favourite vegan protein
Spinach, bok choy, cauliflower, broccoli, tomatoes, feta crumbles, green beans, fat free vinaigrette

DINNER:

Repeat breakfast.

DAY 18**BREAKFAST**

10 egg whites.
Add mushrooms and organic bacon bits (only a small amount. As we want to keep the total fat content down.
Add in Cayenne, sesame, cardamom, turmeric, garlic, ginger and black pepper to the egg whites
Raw Green beans (use recipe)

LUNCH:

300g of chicken. Vegans can substitute tofu or favourite vegan protein
Spinach, bok choy, cauliflower, broccoli, tomatoes, feta crumbles, green beans, fat free vinaigrette

DINNER:

Repeat breakfast.

DAY 19**BREAKFAST**

2 ham and cheese cups

Wait 2.5 hours

MEAL 2:

2 ham and cheese cups

Wait 2.5 hours

MEAL 3:

1 and 1/2 scoops whey protein
1 cup greek yogurt
1 teaspoon peanut butter

Wait 2.5 hours

MEAL 4:

20g walnuts

Wait 1 hour

DINNER

1 and 1/2 scoops whey protein with cinnamon

1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

1 tablespoon omega 3 oil

If you don't have omega 3 oil use either almond milk (1 cup) or 2% milk.

DAY 20

BREAKFAST:

1 and 1/2 scoops of whey protein

1 to 1 and 1/2 cup(s) Greek yogurt

1 teaspoon peanut butter

SNACK: Small squirt 5 cal squirty cream

LUNCH:

1 and 1/2 scoop of whey protein

1 to 1 and 1/2 cup(s) Greek yogurt

1 teaspoon peanut butter

SNACK

2-4 egg white muffins

DINNER:

1 and 1/2 scoops of whey protein with cinnamon

1 block of 5 calorie jelly with a small squirt of 5 calorie squirty cream

1 tablespoon omega 3 oil

If you don't have omega 3 oil use either almond milk (1 cup) or 2% milk.