

Week 1: The Little Black Dress Challenge Meal Planner



Daily upon rising, make a Flaxseed Cocktail:

1 full teaspoon of ground flax seeds in 150ml water.

Drink quickly. Do not let it sit too long or it will coagulate!

Follow with a Morning Mojo, to move toxins through the body.



NB: Days 1 & 2 are Detox days.

NB: Grab'n'Go options are not to be used on Detox days.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ON WAKING	Flaxseed Cocktail & Morning Mojo	Flaxseed Cocktail & Morning Mojo	Flaxseed Cocktail & Morning Mojo	Flaxseed Cocktail & Morning Mojo	Flaxseed Cocktail & Morning Mojo	Flaxseed Cocktail & Morning Mojo	Flaxseed Cocktail & Morning Mojo
BREAKFAST	Energised All Day Smoothie	Energised All Day Smoothie	Spice Infused Quinoa Porridge	Spice Infused Quinoa Porridge	Smoothie – you choose from the smoothie recipes today!	Frittata with courgette, onion, tomato, spinach, and bacon (save leftovers for day 7)	Frittata leftovers
MID MORNING	Energised All Day Smoothie	Energised All Day Smoothie	Beef Bone Broth	Beef Bone Broth	1 Hard Boiled Egg with 1 cup baby carrots	Trail Mix (option 2)	1 cup baby carrots & small spoonful of almond butter
LUNCH	Gut Healing Soup	Gut Healing Soup	Avocado Egg Salad	Waldorf Salad	Waldorf Salad	Beef Stir Fry leftovers	Smoothie – you choose again!
DINNER	Gut Healing Soup & Naked Lettuce Wrap (no protein)	Gut Healing Soup & Naked Lettuce Wrap (no protein)	115g. Turkey breast, 2 cups steamed kale & broccoli. Season with herbs & spices	115g. Turkey breast, 2 cups steamed kale & broccoli. Season with herbs & spices	Beef & Vegetable Stir Fry	Signature Steak Salad	Signature Steak Salad
SUPPLEMENTS	None	None	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin