

Week 2: The Little Black Dress Challenge Meal Planner

NB: Days 11 & 12 are Detox days. Grab'n'Go options are not to be used on Detox days.



Daily upon rising, make a Flaxseed or Chia Cocktail:
1 full teaspoon of ground 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.



- Grab'n'Go options are to be used **only** as a last resort.
- Snacks are only permitted where specified on your plan. Even if you think it's a healthy snack - if it's not scheduled, it's not for you.
- Do not deviate from the plan or substitute meals with your own versions.
- This programme has been written for optimal fat loss, hormonal health and gut-rebalancing. All of these are crucial components and will not happen if you make up your own rules.

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
ON WAKING	Flaxseed or Chia Cocktail & Morning Mojo	Flaxseed or Chia Cocktail & Morning Mojo	Flaxseed or Chia Cocktail & Morning Mojo	Flaxseed or Chia Cocktail & Morning Mojo	Flaxseed or Chia Cocktail & Morning Mojo	Flaxseed or Chia Cocktail & Morning Mojo	Flaxseed or Chia Cocktail & Morning Mojo
BREAKFAST	Leftover Slice of Frittata with 3 slices of Avocado, & ½ Grapefruit	2 Egg Muffins with 3 slices of Avocado, & Tomato	2 Egg Muffins with 3 slices of Avocado, & Tomato	Warm Grapefruit	Warm Grapefruit	2 Egg Muffins with 3 slices of Avocado, & Tomato	2 Egg Muffins with 3 slices of Avocado, & Tomato
MID MORNING	1 pear & 1 tbs nut butter	Bone Broth	1 apple & 1 tbs nut butter	Bone Broth	Bone Broth	LBD Approved Snack – any of the snacks in your recipe book	Energised All Day Smoothie
LUNCH	170g Total Greek Yogurt with 1 sliced apple	115g Tuna with balsamic, 3 slices avocado & lots of fresh cut veggies	170g Total Greek Yogurt with 1 sliced apple	Gut Healing Soup & Rainbow Salad w/ Balsamic	Gut Healing Soup & Rainbow Salad w/ Balsamic	LBD Turkey Burger (no bun) grilled onions, 3 slices Avocado & 2 tomato sliced	Energised All Day Smoothie
DINNER	Oh So Good Chilli, served with courgetti spaghetti	Oh So Good Chilli, served with courgetti spaghetti	LBD Turkey Burger (no bun) with grilled onions, 1/3 an Avocado, & Steamed Broccoli	115g Salmon with 6 – 10 Asparagus Spears	115g Salmon with 6 – 10 Asparagus Spears	Oh So Good Chilli, served with courgetti spaghetti	You Choose!! Anything you fancy from the LBD Recipe Book... Treats included!!!
BEFORE BED	Flaxseed or Chia Cocktail	Flaxseed or Chia Cocktail	Flaxseed or Chia Cocktail	Flaxseed or Chia Cocktail	Flaxseed or Chia Cocktail	Flaxseed or Chia Cocktail	Flaxseed or Chia Cocktail
SUPPLEMENTS	Multi	Multi	Multi	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Multi	Fish Oil + Multivitamin

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