

Week 3: The Little Black Dress Challenge Meal Planner

Week 3 is a cleanse week. No red meat and Day 15 consume bone broth only - as and when you feel hungry.



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 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
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	Bone Broth (chicken or fish)	Fresh Green Smoothie	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Green Smoothie	Fresh Green Smoothie	none
MID MORNING	Bone Broth (chicken or fish)	Bone Broth (chicken or fish)	Trail Mix	Trail Mix	Bone Broth (chicken or fish)	2 hard boiled eggs	none
LUNCH	Bone Broth (chicken or fish)	Insulin Reducing Tomato Soup	Insulin Reducing Tomato Soup	Fresh Green Smoothie	Coconut Chia Cream Pot + 1 square +85% Dark Chocolate	Coconut Chia Cream Pot + 1 square +85% Dark Chocolate	Triple Bean Stew
DINNER	Bone Broth (chicken or fish)	Protein Packed Grain Salad	Protein Packed Grain Salad	Protein Packed Grain salad	Protein Packed Grain salad	Triple Bean Stew	ANY LBD RECIPE (excluding Red meat)
BEFORE BED	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail
SUPPLEMENTS	None	Multi	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin