

Week 4: The Little Black Dress Challenge Meal Planner



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.

WEEK 4 IS SUGAR (including fruit), MEAT, ALCOHOL AND CAFFEINE FREE

AIM: Banish cravings, reset estrogen and insulin levels .. and of course Fat Loss

Notes: no substitutions, don't skip the veg, loading up on fibre is important this week.

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
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	2 eggs scrambled in 1 tbsp extra virgin olive oil, 1 tomato sliced, 1 cup spinach, ½ avocado	Fruit Free Green Smoothie	Fruit Free Green Smoothie	Protein Smoothie	Protein Smoothie	2 eggs scrambled in 1 tbsp extra virgin olive oil, 1 tomato sliced, 1 cup spinach, ½ Avocado	Kale, Roasted Brussels & Chickpea leftovers
MID MORNING	80g Tuna & 1 tbsp LBD Guacamole	Rainbow Salad	80g Tuna & 1 tbsp LBD Guacamole	Rainbow Salad	Trail Mix	Protein Smoothie	Trail Mix
LUNCH	Hulk Soup	Hulk Soup	Hulk Soup	Detox Comfort Stew	Detox Comfort Stew	Detox Comfort Stew	Detox Comfort Stew
DINNER	115g salmon, 3 cups steamed broccoli	2 x LBD Turkey Burgers, 3 cups green veg	115g salmon, 3 cups steamed broccoli	2 x LBD Turkey Burgers, 3 cups green veg	115g salmon, 3 cups steamed broccoli	Kale, Roasted Brussels & Chickpeas	Any of the LBD Turkey/Chicken dishes
BEFORE BED	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail	Flaxseed Cocktail
SUPPLEMENTS	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin