

Week 5: 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 5 sees the re-introduction of caffeine, simple carbs (fruit) and more complex carbs (rice, quinoa, lentils, oats).

On Day 35 – YOU GET TO CHOOSE ANY OF THE RECIPES FROM THE LBD COOKBOOK, INCLUDING TREATS HOWEVER YOU MUST DO A WORKOUT – AT HOME IF YOU CANNOT MAKE MDHQ! Don't gorge or undo all of your hard work. (See Depletion Workout below)

| | DAY 29 | DAY 30 | DAY 31 | DAY 32 | DAY 33 | DAY 34 | DAY 35 |
|-------------|--|--|--|--|--|--|--|
| 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 | OATY MOCHA HOT SMOOTHIE | Instant Energizer | Instant Energizer | Instant Energizer | OATY MOCHA HOT SMOOTHIE | Frittata | ANY LBD BREAKFAST |
| MID MORNING | Bone Broth | Bone Broth | Bone Broth | Bone Broth | Bone Broth | Bone Broth | |
| LUNCH | Gut Healing Soup w/ protein packed grain salad | Gut Healing Soup w/ protein packed grain salad | Gut Healing Soup w/ protein packed grain salad | Frittata | Gut Healing Soup w/ protein packed grain salad | Frittata | ANY LBD RECIPE |
| DINNER | Fresh Lemon & Pepper Baked Cod w/ mashed cauliflower | Fresh Lemon & Pepper Baked Cod w/ mashed cauliflower | Creamy Coriander Chicken w/ mashed cauliflower | Creamy Coriander Chicken w/ mashed cauliflower | 115g Baked Salmon & Protein Packed Grain Salad | 115g Baked Salmon & Protein Packed Grain Salad | ANY LBD RECIPE & LBD TREAT |
| BEFORE BED | Flaxseed/Chia Cocktail | Flaxseed/Chia Cocktail | Flaxseed/Chia Cocktail | Flaxseed/Chia Cocktail | Flaxseed/Chia Cocktail | Flaxseed/Chia Cocktail | Flaxseed/Chia Cocktail |
| SUPPLEMENTS | Fish Oil + Multivitamin | Fish Oil + Multivitamin | Fish Oil + Multivitamin | Fish Oil + Multivitamin | Fish Oil + Multivitamin | Fish Oil + Multivitamin | Fish Oil + Multivitamin |

The Little Black Dress Challenge

Basic Depletion Workout



Basic Depletion Workout:

Reps: 10, 20, 30, 20, 10

Exercises:

- **Bodyweight Squats**
- **Press Ups**
- **Sit Ups**
- **Jumping Jacks**
- **Sprint**

Do 10 Squats, then 10 press ups, 10 sit ups, 10 Jumping Jacks, then 10 sec Sprint.

Then do 20 of each, then 30 of each, then 20 again, then 10 again.