

Week 6: 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.

This Meal Planner is for Fat Loss

	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
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)	Fruit Free Green Smoothie	Fruit Free Green Smoothie	Warm Grapefruit	Warm Grapefruit	Fruit Free Green Smoothie	Kale, Roasted Brussels & Chickpeas leftovers
MID MORNING	Bone Broth (chicken or fish)	Bone Broth (chicken or fish)	Trail Mix	Trail Mix	Bone Broth (chicken or fish)	80g Tuna & ½ Avocado	Bone Broth
LUNCH	Bone Broth (chicken or fish)	Insulin Reducing Tomato Soup	Insulin Reducing Tomato Soup	Protein Packed Grain Salad	Detox Comfort Stew	Detox Comfort Stew	Apple Scotch Eggs & Gut Healing Soup
DINNER	Bone Broth (chicken or fish)	Protein Packed Grain Salad	Protein Packed Grain Salad	115g Salmon served with sautéed spinach	115g Salmon served with sautéed spinach	Kale, Roasted Brussels & Chickpeas	ANY LBD RECIPE!
BEFORE BED	Flaxseed/Chia Cocktail	Flaxseed/Chia Cocktail	Flaxseed/Chia Cocktail	Flaxseed/Chia Cocktail	Flaxseed/Chia Cocktail	Flaxseed/Chia Cocktail	Flaxseed/Chia Cocktail
SUPPLEMENTS	None	Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin	Fish Oil + Multivitamin