



# 21 DAY HEALTH REBOOT WEEK 01

## MEAL PLANNER

### GLOSSARY OF TERMS:

- Break fast:

This certainly does not mean a big breakfast; it is about breaking our fasted state.

When the body is in a fasted state our digestive system is at rest. During this challenge you will be challenged to be in a fasted state between 12 and 18 hours. Some days we will break our fast after 20 hours fasted.

- Open window:

That is when we open our mouths to eat. When I speak about open window that means you eat as much healthy food as possible during your open window. This window will always change every week.



- Close window:

This means nothing shall pass your lips at all. We will always close our window at 8:00pm every night.



- Dry fast:

This is not intermittent fasting. I would like to call it nature's operating table, this is really where the real fat loss happens.





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### SNACK OPTIONS:



- Grapefruit + cinnamon



- Sliced apple + cinnamon



- Baby carrots + hummus



- Frozen banana ice-cream



- Carrot hummus + 3 celery sticks



- Dates + walnuts + tahini



- Papaya + lime



- Guacamole + carrots/ cucumber/ celery



- Spinach, almond + bean dip with carrots/ cucumbers

- Tuna mayo celery bites

### CHEAT TREATS: (1x each week)



- Raw cacao and walnut balls



- Salted caramel date balls



- Peanut butter balls



- Sweet potato brownies

- Spiced blondies

- Banana bread

- Raw chocolate mousse

### TEA OPTIONS:



- Parsley + lemon



- Cinnamon + ginger



- Turmeric + ginger + black pepper

- Peppermint tea

- Turmeric, cinnamon and honey tea

- Cardamom, ginger, turmeric tea





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### BREAK FAST:

- Break your fast at **10:30am** with a juice of your choice.



### SNACK:

- **1 hour later:** 2 pieces of fruit + 1 date.



### LUNCH DETOX:

- Roasted baby carrot, lentil and cranberry salad - with 2 Tbsp cannellini dip.
- **Mexican bowl** - with black beans, guacamole, tomato salsa, cabbage and a coriander dressing.
- **Black bean burger patty** - with a side of roasted butternut, 1 cup cabbage slaw and turmeric date dressing.



### AFTERNOON PICK ME UP:

- Choose **one snack** and/or a **tea**.



### DINNER:

- Cauliflower + sweet potato curry with ½ cup cauliflower rice - side of pickled cucumber.
- Carrot and ginger soup with fresh coriander and seeds.
- **Chilli con carne** - side of roasted garlic white bean dip + green salad.



### PRE-FAST MEALS (Tuesday):

- **Kitchari** with your choice of vegetables.