

21 DAY HEALTH REBOOT



MEAL PLANNER

WEEK 02

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 **12:00pm** with a juice of your choice.



SNACK:

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



LUNCH DETOX:

- **Lentil frikkadels** - with side of carrot puree; green quinoa salad and seeds.
- Slow roasted Spanish style cannellini and green salad.
- Roasted butternut and beetroot salad with cranberries, kale, avocado and coriander dressing.



AFTERNOON PICK ME UP:

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



DINNER:

- Turmeric and coconut broth.
- Cauliflower and sweet potato curry with wilted spinach with side of pickle.
- Roasted root vegetables and spinach + cannellini dip + slaw.



PRE-FAST MEALS (Tuesday):

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