



21 DAY HEALTH REBOOT

MEAL PLANNER

WEEK 03

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 **12:30pm** with a juice of your choice.



SNACK:

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



LUNCH DETOX:

- **Three style pulse salad** - with carrot lentil dip.
- **Roasted cauliflower with olive, spinach and raisin tapenade** - 2 Tbsp beetroot quinoa.
- **Meat-free meatballs** - with tomato sauce and green salad.



AFTERNOON PICK ME UP:

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



DINNER:

- Fat burning soup cabbage soup.
- South Indian butternut and lentil curry with tomato salsa (*2 portions*).
- **Chilli con carne** - with cauliflower rice, wilted greens + slaw.



PRE-FAST MEALS (Tuesday):

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