



# KICK START FAT LOSS

## Vegetarian Detox *Upgraded* Meal Planner

Vegetarian Detox Upgraded Meal Planner with ideas from the  
**30 Day Vegetarian Detox Book**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Stir Fry or Green Juice	Frittata or Baked Eggs & spicy Beans	Omelette/ Scrambled Eggs/ Poached eggs	Green Juice	Brown Rice Porridge	Breakfast Muffins	Breakfast Berry Quinoa
1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil
1 TBSP Organic Butter / Ghee	Olive Oil	1 TBSP Organic Butter / Ghee	Olive Oil	1 TBSP Organic Butter / Ghee	Olive Oil	1 TBSP Organic Butter / Ghee

Eat meal 1 when you are ready to eat it doesn't have to be first thing in the morning.

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Mexican Bean Salad	Cauli Couscous with Green Vegetables	Avocado & Bean Frittata	Bok Choy & Mushroom Tart Green vegetables	Avocado, Mango & Quinoa salad	Roasted Beetroot, Cheese, Pine Nut & Wa- tercress Salad	Quinoa Stuffed Peppers & Green Vegetables
1 x Avocado		Nuts (sml quantity)	1 x Avocado		1 x Avocado	Nuts (sml quantity)
1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oi	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chick Pea Burgers & Roasted vegetables	Lentil Stuffed Squash with Green Vegetables	Lentil Bolognese	Fennel, Pesto & Goats Cheese Pizza	Spicy Bean Hotpot	Vegetable Lasagna Bake with Green Vegetables	Cauliflower Balti with Green Vegetables
1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oi	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil

- Only use foods from the shopping list
- Rotate foods to avoid intolerances
- Portion size - Eat plenty of vegetables but limit root vegetables and fruit
- Eat until you are full not stuffed
- Lunch can be switched for Dinner
- If 3 meals every day is too much mix in 2 / 3 Intermittent fasts per week