

7-day meal plan

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Mon	<u>Persian Herb Omelet</u>	<u>Lamb's Lettuce With Radishes & Avocado</u> and canned tuna	<u>Roasted Chicken With Garlic Confit, Sweet Potato Mash</u> and <u>Turmeric Spinach</u> Use chicken leftovers for tomorrow's lunch and spinach for Wednesday's breakfast
Tue	<u>Berries Collagen Shake</u>	<u>Chicken & Avocado Salad</u>	<u>Asparagus & Beef Asian Stir Fry</u> with <u>Mushroom, Leek & Quinoa Stir Fry</u>
Wed	<u>Turmeric Spinach</u> leftovers and 2 eggs; reheat the turmeric spinach in a frying pan, Crack the eggs in, and cover, leaving an opening for the excess water to evaporate. Cook for another 5 minutes.	<u>Asparagus & Crab Salad</u>	<u>Cod and Sweet Potato Traybake</u> and <u>Liver Detox Slaw</u>
Thurs	<u>Wild Salmon Spread</u> with crudities of your choice; such as fennel, carrots, cucumber, celery	<u>Chicken, Avocado & Strawberry Salad</u>	<u>Asian Meatballs, Japanese Greens Salad</u> and <u>Cauliflower Egg Fried Rice</u>
Fri	<u>Liver Detox Omelet</u>	<u>Immune Boosting Chicken Soup</u>	<u>Ribeye Steak in Rosemary and Olive Oil Marinade</u> , <u>Roasted Sweet Potato</u> and <u>Garlic and Roasted Tenderstem Broccoli</u>
Sat	<u>Coconut & Fruit Protein Shake</u>	<u>Rainbow lunchbox</u>	<u>Spicy Tamarind Salmon</u> and <u>Prawns, Paleo Seaweed Salad</u> and <u>Quinoa Salad</u> .
Sun	<u>Easy Regular Shakshuka</u>	<u>Picnic Mixed Salad</u>	<u>Moroccan Roasted Leg of Lamb</u> , <u>Roasted Carrots & Parsnips</u> and <u>Creamy Beetroot Salad</u>