

## 7-day meal plan

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