

K 7 DAY PLAN

Wake-up and drink a glass of warm water and a squeeze of lemon juice. Eat Breakfast within an hour of getting up.

DAY 1

Breakfast: ¾ cup plain yogurt, 1 small banana, handful of berries (blue-, black-, rasp-, strawberries).

Lunch: 100g cooked chicken breast; 1 cup shredded lettuce; ½ cup cucumber sliced; 1 tbsp. salad dressing*; 1 tbsp. walnuts. Cut chicken in bite-size pieces. Top lettuce with chicken, cucumber and sprinkle chopped nuts over.

Dinner: 120g fish fillet; 1 cup carrots; small handful almonds; ¾ cup broccoli. Bake fish. Lightly toast the almonds and steam the carrots and broccoli.

DAY 2

Breakfast: ¾ cup oats (cooked) with a mix of berries and 1 tbsp. plain yogurt.

Lunch: Sprout Salad: ¾ cup raw mixed sprouts, ¾ cup corn kernels, 1 small grated carrot, 1 small grated beetroot, ½ avocado. Top with the dressing.*

Dinner: 120g chicken breast; ½ cup cooked brown basmati rice, 1 cup steamed cauliflower. 1 gem squash. Broil chicken until tender. Serve with veggies and brown rice.

DAY 3

Breakfast: Fresh fruit-salad and natural yoghurt topped with seed mix or nuts. (pudding bowl)

Lunch: ½ avocado sliced; 60g cooked chicken chopped; 1 cup shredded lettuce, 6 cherry tomatoes; ½ cup sliced red pepper; ½ cup thinly sliced onion; 1 tbsp low-fat dressing. Pile salad ingredients on a plate and top with chicken and avocado. (onion and red pepper are optional)

Dinner: 120g white fish fillet; 2tbsp plain low-fat yogurt; ½ tsp mustard; ½ cup carrots, 1 cup green beans or broccoli; 3 tbsp. brown basmati rice (dry weight). Bake fish in moderate oven for about 12 minutes. Steam the veggies. Combine mustard and yogurt and serve over fish. Serve with brown rice.

DAY 4

Breakfast: Wholegrain toast with avo and a boiled egg.

Lunch: 2 cups chef salad – 1 tin tuna, boiled egg chopped, tomato, mayonnaise (Hellman's).

Dinner: 120g steak, 1 cup broccoli, 1 cup cooked carrots, 1 gem squash, 1 medium tomato.

Be All You Can Be

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DAY 5

Breakfast: ¾ cup plain yogurt, 1 small banana, handful of berries (blue-, black-, rasp-, strawberries).

Lunch: Rice salad: Cooked brown rice mixed with Green peas, Corn kernels, Chopped/diced carrot, pineapple, finely chopped spring onion, spices. (1 pudding bowl full)

Dinner: 120g chicken breast; 2 medium tomatoes; 4 mushrooms; 1 small onion; 4 baby marrows; 1 tsp. grape seed oil. Cut chicken breast in four and arrange on a baking dish. Surround with quartered tomatoes, sliced onion, and baby marrows. Drizzle with grape seed oil and bake in moderate oven for 30-35 minutes.

DAY 6

Breakfast: ¾ cup oats (cooked) with a mix of berries and 1 tbsp. plain yogurt.

Lunch: Rice salad: Cooked brown rice, Green peas, Corn kernels, Chopped/diced carrot, pineapple, finely chopped spring onion, spices. (1 pudding bowl full)

Dinner: 120g fish fillet; 1 cup carrots; small handful almonds; ¾ cup broccoli. Bake fish. Lightly toast the almonds and steam the carrots and broccoli.

DAY 7

Breakfast: Wholegrain toast with avo and a boiled egg.

Lunch: Rice salad: Cooked brown rice, Green peas, Corn kernels, Chopped/diced carrot, pineapple, finely chopped spring onion, spices. (1 pudding bowl full)/

Dinner: 120g chicken (any), 1 cup spinach, ¾ cup sweet potato, 1 cup cauliflower, 1 small tomato.

FLUID INTAKE - 2 liters per day – Coffee, Rooibos tea, Herbal teas, Water, Soda Water.

SNACKS:

1 fresh apple

handful walnuts

1 cup cucumber slices

6 cherry tomatoes

100ml plain yogurt

*For salad dressings use lemon juice, spices of choice, grape seed oil/or balsamic vinegar.

Be All You Can Be