

# K 7 DAY PLAN

## DAY 1

Breakfast: 1 cup oats (cooked); 100ml yogurt.

Mid-Morning: ½ cup apple diced; ½ cup pawpaw diced; 100ml plain yogurt.

Lunch: ®Beetroot and co salad

Afternoon: 2 rice cakes spread with Bovril

Supper: 2 chicken thighs; 1 cup broccoli; ½ cup cooked carrots; ½ gem squash.

## DAY 2

Breakfast: 1 cup oats (cooked); 100ml yogurt

Mid-Morning: 1 cup sliced fruit of choice.

Lunch: ®Avo Salad

Afternoon: 100ml low fat yogurt

Supper: 120g chicken stir fry; 1 cup stir fry veggies; ½ cup brown rice.

## DAY 3

Breakfast: 1 cup oats (cooked); 100ml yogurt.

Mid-morning: ½ cup apple pieces; ½ cup paw-paw pieces; 100ml plain yogurt.

Lunch: 100g chopped chicken; 1 cup baby marrow, sliced; 1 med tomato.

Afternoon: 2 rice cakes spread with Bovril

Supper: 120g steak mince; 1 cup cooked cauliflower; ½ gem squash; ¼ cup raw carrots.

## DAY 4

Breakfast: 1 cup oats (cooked); 100ml yogurt

Mid-Morning: 1 cup grapes; 2 Pro-vitas.

Lunch: ®Beetroot and co salad

Afternoon: 100ml low fat yogurt.

Supper: 2 chicken thighs; ½ cup baby marrows; ½ cup gem squash; ¾ cup broccoli.

## DAY 5

Breakfast: 1 cup oats (cooked); 100ml yogurt.

Mid-morning: 1 cup apple slices; 100ml low fat yogurt.

Lunch: ®Carrot, avo and orange salad

Afternoon: 1 fruit.

Supper: 1 fish fillet; ½ gem squash; 1 cup cauliflower; 1 med. tomato.

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## DAY 6

Breakfast: 1 cup oats (cooked); 100ml yogurt

Mid-morning: 1 cup grapes; 2 Pro-vitas.

Lunch: 100g chopped chicken; 1 cup baby marrow, sliced; 1 med tomato

Afternoon: 100ml low fat yogurt.

Supper: 120g chicken stir-fry; 1 cup stir fry veggies; ½ cup brown rice.

## DAY 7

Breakfast: 1 cup oats (cooked); 100ml yogurt.

Mid-morning: ½ cup apple pieces; ½ cup paw-paw pieces; 100ml plain yogurt.

Lunch: ®Carrot, avo and orange salad

Afternoon: 2 rice cakes spread with Bovril

Supper: 1 fish fillet; 1 cup cooked cauliflower; ½ gem squash; ¼ cup raw carrots.

Fluid Intake 2 liters per day

Coffee, Rooibos tea, Herbal teas, Water, Soda Water, Tab, Sprite Zero, Coke Zero, Pepsi Max, Fanta zero, Sweeto

### ®Basic Salad Dressing

3 tbsp. Vinegar (white or Balsamic)

1 tbsp. Lemon juice

Seasoning to taste

6 tbsp. Olive oil

½ tsp. mustard (optional)

¼ tsp mustard powder (optional)

Sweetener to taste (Xylitol, Stevia; Salati etc.)

Mix well. Store in refrigerator.

### ®Beetroot and co salad

1 medium red pepper, halved and thinly sliced; 2 tbsp. apple cider vinegar; 2 oranges;

handfuls rocket leaves; 2 cooked beetroots, chopped; drop grapeseed oil, for frying; ½ wheel feta, slices; 80g pomegranate seeds; 2 tbsp pumpkin seeds; handful mint leaves.

Put the sliced pepper in a bowl, add the vinegar and toss well. Cut the peel and pith from the orange then segment over the onion bowl to make sure that you catch any juice.

Pile the rocket onto plates and top with beetroot and orange. Rub a drop of oil around a non-stick frying pan then fry the feta in the pan for about 30 seconds.

Stir the pomegranate into the peppers and spoon this and all the dressing, over the rocket, then top with the feta and scatter with the pumpkin seeds, and mint.

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## @Avo Salad

800g mix of ripe tomatoes; 1 garlic clove, crushed; 1½ tbsp capers, drained and rinsed; 1 ripe avocado peeled and chopped; 1 small red pepper, thinly sliced; 4 tbsp extra virgin olive oil; 2 tbsp red wine vinegar; small handful basil leaves.

Halve or roughly chop the tomatoes (depending on size) and put them in a bowl. Season well and add the garlic, capers, avocado and pepper, and mix well. Set aside for 10 mins.

Place ingredients on a plate. Scatter with the basil leaves and drizzle over the oil and vinegar. Give it a final stir and serve immediately.

## @Carrot, avo and orange salad

2 oranges , plus zest and juice of 1; 3 carrots, halved lengthways and sliced with a peeler; 70g bag rocket; 2 avocados, peeled and sliced; 1 tbsp olive oil.

Cut the segments from the 2 oranges and put in a bowl with the carrots, rocket and avocados. Whisk together the orange juice, zest and oil. Toss through the salad, and season.



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