

Day	Breakfast	Lunch	Dinner	Dessert
Monday 3	Fried eggs with bacon and greens	Salad plate – boiled eggs, cold meats, salad and veggies Or Smoothie with added fats like coconut/avocado	Vegetable Chilli	
Tuesday 3	Monkey Salad	Jacket sweet potato with tuna & salad	Paleo Fish Pie	
Wednesday 3	Scrambled eggs with ham and rocket	Mushroom Soup & salad	Marinated Chilli Chicken Livers with fried potatoes	
Thursday 3	Granola with nut milk or coconut yogurt and topped with fruit/seeds	Omelette with fillings of choice (mushroom, spinach, onion, pepper etc)	Pork with Courgettes & Salse Verde	
Friday 3	Baked Avocado Eggs	Smoked salmon, capers, onion, green salad (spinach, rocket or iceberg) avocado & cherry tomatoes	Chicken Jalfrezi with broccoli or cauliflower rice	
Saturday 3	Sweet Potato Rosti with fried eggs	Courgette Salad with Basil & Walnut Pesto	Cod topped with Beetroot Pesto with spring greens, leeks & peas	
Sunday 3	Pancakes	Flax seed crackers with liver pate and salad	Baked Chicken	Choc Pots