

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast 7.30am</b>	Clean Eating Maple Pecan Crunch with Blueberries  BLOG RECIPE	Toasted Sunflower Seed Rye Bread with Avocado, 2 Boiled Eggs and Cherry Tomatoes	Clean Eating Maple Pecan Crunch with Blueberries  BLOG RECIPE	Clean Eating Pesto Scrambled Eggs on Toasted Sunflower Seed Rye Bread  BLOG RECIPE	Porridge with Oat Milk, Blueberries and Honey	Clean Eating Gluten Free Pancakes with Berries and Maple Syrup  BLOG RECIPE	Clean Eating Date and Walnut Porridge  BLOG RECIPE
<b>Snack 10am</b>	Pear, Blueberry and Banana Smoothie	Fresh Fruit Smoothie	Apple	Oat Cakes with Goats Cheese and Cucumber	25g Walnuts and 3 Medjool Dates	Rice Cakes with Nut Butter	Fresh Fruit or Smoothie
<b>Lunch 12.30pm</b>	Toasted Sunflower Seed Rye Bread with Avocado, Chickpeas and Salad	Salad Leaves with Chickpeas, Tuna and Pesto	Homemade Vegetable & Bean Soup with Toasted Sunflower Seed Rye Bread topped with Avocado	Leftover Vegetable and Bean Soup	Leftover Chicken Salad Sandwich on Homemade Bread  BLOG RECIPE	Leftover Quinoa Chicken Salad	Goats Cheese And Pineapple Salsa Sandwich on Homemade Bread BLOG RECIPE
<b>Snack 3pm</b>	Houmous and Veggie Sticks	Oat Cakes with Almond Butter	Lightly Sea Salted Popcorn	Fruitus Bar	Houmous and Veggie Sticks	Smoothie	1 Boiled Egg with Veggie Sticks
<b>Dinner 5.30pm</b>	Roasted Lamb with Potatoes, Green Beans, Peas, Sweetcorn and Carrots (New Years Day at my Parents)	+ Clean Eating Slow Cooker Pesto Chicken with Wholegrain Rice and Salad  BLOG RECIPE	Turkey Brown Rice Stir Fry	Slow Cooker Whole Chicken with Rosemary Roasted Potatoes and Steamed Vegetables BLOG RECIPE	+ Clean Eating Quinoa Chicken Salad  BLOG RECIPE	Clean Eating Chicken Noodle Soup with Buckwheat Noodles  BLOG RECIPE	Clean Eating Kale, Lentil, Pork Ragu with Spelt Spaghetti  BLOG RECIPE
<b>Snack/Dessert - optional by 7pm</b>		Medjool Dates and Grapes	Frozen Grapes			Clean Eating Mini Cheesecakes  (BLOG RECIPE)	