

7 Day Cleanse & Reset Sample Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Berrie Smoothie	Poached Hoki & Eggs	Fresh Berry Quinoa Porridge	Chia Pudding	Zucchini Fritters	Berry Smoothie	Poached eggs with wilted spinach
Snack	Fruit Salad	Homemade Guacamole on gluten free rice cakes	Small handful of mixed raw nuts	Raw Banana & almond Cookies	Gluten free rice cakes with tahini & sliced banana	Small handful of mixed nuts	Homemade Guacamole on gluten free rice cakes
Lunch	Fresh garden salad (add preferred protein from list)	Calamari Treasure Salad	Mediterranean Salad	Quinoa Salad with shredded vegetables	Detox Salad with Tahini dressing	Fresh garden salad (add preferred protein from list)	Mediterranean Salad
Snack	Homemade hommus with carrot & celery sticks	Small handful mixed nuts	Homemade hommus with gluten-free rice crackers	Garlic & tamari chicken drumstick	Coconut yoghurt with fresh piece of seasonal fruit	Homemade guacamole on gluten free rice cakes	Garlic & tamari chicken drumstick
Dinner	Quinoa and beetroot frittata	Chicken or tofu & vegetable stir-fry	Masala Chicken Vegetable Curry	Sautéed Thai Lime Chicken with Sesame	Chicken salsa	Grilled Hoki with dill sauce	Vegetable Frittata