

Clean up your act!

The aim of the eating plan: This eating plan is a guide to kick start your health eating, it focuses on fresh foods such as fruit, vegetables and reduces processed/sugary food. The meals are easy and fast to prep. Attention to portion size should be observed when doing this food plan. Some of the meals are self-explanatory, other have a link to a prep guide to help explain.

Who it would suit: This would be suitable for someone who is looking to eat fresh, less processed foods and would like to drop a couple of pounds in the process.

Who this does not suit: Vegans, Vegetarians and anyone looking for dramatic weight loss.

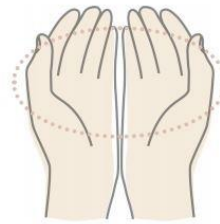
Day/Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	40 grams of Porridge with Cinnamon and drizzle of honey berries	2 x boiled Eggs & chopped tomatoes on a slice of toast.	Breakfast Smoothy	40 grams of Porridge with Cinnamon and drizzle of honey & a cupped handful of Berries	Chopped Avocado and scrambled egg (made with 2 eggs)	Breakfast Smoothy	2 fried eggs and sliced tomato
Lunch	Stuffed Pitta	Beets Tuna Salad	Chickpea Salad	Spinach and chicken salad.	Tuna Wrap	Chunky vegetable soup	Mashed Avocado on Toast
Dinner	Pan fried salmon with stir fried veg.	Vegetable chickpea curry.	Pan fried white fish (cod or similar) with stir fried veg	Roasted sweet potato and spinach salad	Beef strips with veg and noodles	Chicken Fajitas	Sunday Roast – Cook it the way you like it!
Snack options	Olives Fruit Nuts	Olives Fruit Nuts	Olives Fruit Nuts	Olives Fruit Nuts	Olives Fruit Nuts	Olives Fruit Nuts	Olives Fruit Nuts
Drinks	Tea Coffee Water	Tea Coffee Water	Tea Coffee Water	Tea Coffee Water	Tea Coffee Water	Tea Coffee Water	Tea Coffee Water
Alcohol	Alcohol Free Day	Alcohol Free Day	Alcohol Free Day	Alcohol Free Day	Moderate Alcohol day	Moderate Alcohol day	Moderate Alcohol day

Meal prep explained and portion size.

Portion size – Sometimes there will be a given weight or amount of food but often when a portion is referred to it is what you can fit in the palm of your cupped hand or 2 cupped hands depending on the food type.



PALM
Serve of meat



TWO CUPPED HANDS
Serve of vegetables



THUMB TIP
1 tablespoon



CUPPED HAND
Serve of cooked grains



FINGERTIP
1 teaspoon

