

VEGGIE RESET MEAL PLAN

5 DAY PLANNER

This meal plan is designed for a 16:8 intermittent fasting window.

Dairy is completely optional and may be left out of meals as you wish.

Start each day with a cup of warm water with a tablespoon of apple cider vinegar, fresh lemon juice and a dash of cayenne pepper and turmeric.

For added benefits drink this 15 minutes before each main meal.

You may drink tea and coffee (preferably black) during this window. And LOTS of water.

In the appendix you will see a list of acceptable snacks and suggested supplements that will help you along your reset journey.

DAY 1

LUNCH:

Baked Sweet Potato with Avo and Cucumber

Baked Sweet Potato drizzled in olive oil and crumbled feta (half a ring), served with half an avocado and some cucumber and seasoned with herb salt.

SNACK ONE (Around 3pm)

DINNER:

Streamed Green Veg with Basil Pesto, Avocado and Feta

Steam green vegetables (broccoli, brussels sprouts, green beans, zucchini, etc) until cooked but still a bit crunchy. Crumble over feta, chopped cucumber and tomatoes and half an avocado. Drizzle with a tablespoon of basil pesto and season with herb salt. Add cayenne pepper for extra fat burning effect.

SNACK TWO (Before 8pm)

DAY 2

LUNCH:

Spinach and Feta Open Omelette with Salad

For omelette:

2 eggs

Big handful of spinach

Half a ring of feta

Handful of cherry tomato's

Wilt spinach in a pan with some olive oil then add whisked eggs and crumbled feta. Place lid over pan and cook until done. Season with herb salt and some fresh chili or cayenne pepper, if you desire.

For salad:

Mixed salad leaves of choice, half an avocado, cucumber, tomatoes, carrots, sprouts, onion (optional), olive oil, fresh lemon juice, season with herb salt.

SNACK ONE (Around 3pm)

DINNER:

Roast Vegetables with Feta and Avocado

Roast low carb vegetables (ie, no potatoes, butternut etc), on a roasting pan with some olive oil and seasoning. Once done crumble over half a ring of feta and half an avocado.

SNACK TWO (Before 8pm)

DAY 3

LUNCH:

Bean and Pesto Salad

1 tin red kidney beans (drained and rinsed), half an avocado, half a ring of feta, handful cherry tomatoes, onion (optional), olive oil, squeeze of lemon, herb salt. Mix in a tablespoon of basil pesto. Toss and serve.

SNACK ONE (Around 3pm)

DINNER:

Vegetable Stir Fry

1 pack julienne stir fry mix with added mushrooms and broccoli. Stir fry with some olive oil and soy sauce.

SNACK TWO (Before 8pm)

DAY 4

LUNCH:

Smashed Creamy Avo and Scrambled Eggs on Seed Crackers

Half a smashed avocado with half a ring of feta and herb salt served on top of carb clever seed crackers (max 3) topped with 2 scrambled (or hard boiled) eggs.

SNACK ONE (Around 3PM)

DINNER:

Turmeric Veg and Mushroom Stir Fry

Add zucchini, asparagus, green beans, and mixed exotic mushrooms to a pan with some olive oil, onion and garlic and some turmeric and cayenne pepper and stir fry until golden. Once done sprinkle over some grated parmesan and serve with half an avocado.

SNACK TWO (Before 8pm)

DAY 5

LUNCH:

Mushroom and Spinach Scramble with Fresh Garnish

For Scramble:

2 eggs, big handful of spinach, mushrooms (as many as you like), scrambled with olive oil and seasoned with herb salt.

For Garnish:

Half an avocado, some sliced cucumber and cherry tomatoes.

SNACK ONE (Around 3pm)

DINNER:

Spicy Vegetable and Tomato Soup

Add mixed low carb vegetables, 1 cup lentils, 1 onion, some garlic, mushrooms and 1 can of tinned tomatoes to a pot and add vegetable stock, salt and pepper and lots of chili (as hot as you can handle) and simmer for about an hour or until nice and thick.

Serve with some crumbled feta cheese on top.

SNACK TWO (Before 8pm)

APPENDIX

List of Acceptable Snacks

- Handful of dried fruit.
- Handful of mixed nuts.
- 1 large piece of fruit.
- Half an avocado with herb salt.
- Small bowl of popcorn seasoned with herb salt.
- Small fruit salad with plain Greek yoghurt.
- Boiled Egg

Supplements to help with detox:

- Berberine twice a day 15 minutes before meals.
- Curcumin one to two times a day with meals.
- Glutathione 1-2 times per day to help open up detox pathways.
- L Carnitine before workouts.
- Probiotics 1-2 times per day.
- Digestive Enzymes with meals.

REMEMBER TO DRINK WATER!!!

Herbal teas such as green tea, dandelion and peppermint tea are also fantastic. Phyto-Cleanse detox tea on the days your tummy is feeling bloated and sluggish. 1 cup at night.