



# 1 Week Without Sugar Meal Plan

	Breakfast	Lunch	Dinner	Snack (If needed)
<b>Day 1 :</b>	3 eggs, Half an Avo	1 cup greek yoghurt	Vegetable soup	Handfull of Almonds (Plain)
<b>Day 2 :</b>	2 egg omellette filled with Cheese, mushroom and chorizo	Left over Vegetable soup	Baked Fish with large portion of mixed Vegetables	Half an Avo seasoned with salt & pepper
<b>Day 3 :</b>	1 cup of greek yoghurt with 1/2 cup of berries	Portion of Mixed Vegetables	Grilled Chichen & Large portion of salad (No Dressing) Only use Vinegar, salt & Pepper	Handfull of Almonds (Plain)
<b>Day 4 :</b>	Scrambled eggs with sauteed spinach & Mushroom	Salad with chicken added in.	Minestrone soup	Half an Avo seasoned with salt & pepper
<b>Day 5 :</b>	Banana, Peanut butter, Cocoa & almond milk smoothie (no added sugar products)	Left over Minestrone soup	Grilled lamb chops with large salad	Handfull of blueberries
<b>Day 6 :</b>	3 eggs, Half an Avo	1 cup greek yoghurt	Baked salmon with large portion of roasted vegetables	Handfull of Almonds (Plain)
<b>Day 7 :</b>	2 egg omellette filled with Cheese, mushroom and spinach	Large portion of salad (No Dressing) Only use Vinegar, salt & Pepper	Indian Chicken curry with cauliflower rice	Handfull of blueberries

- \* Remember to check all product lables to make sure there is no added sugar.
- \* Season Vegetables only with salt and pepper, some olive oil may be added.
- \* Season Salads with Vinegar, salt and pepper, some olive oil may be added.
- \* Only have snacks, if really hungry.
- \* Drink plenty of water, teas and coffees are allowed (no sugar) and no colddrinks.