	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
On rising	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water
Breakfast	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink
	Tasty Pear and Quinoa Porridge	Berry Coconut Dream	Poached Eggs with Spinach and Avocado	Warming Apple and Cinnamon Porridge	Fruit Bowl	Berry Coconut Dream	Scrambled Eggs with Smoked Salmon and Veggies
Mid-Morning	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water
	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink
	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea
Lunch	Tamari Salmon with Steamed Asian Greens	Mixed Bean and Lentil Salad	Chicken and Asparagus Salad with Tahini Dressing	Roast Veggie Salad	Tamari Salmon with Steamed Asian Greens	Moroccan Lamb Salad	Roast Veggie Salad
Mid-Afternoon	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water
	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink	Seven Day Drink
	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea
Dinner	Kindness Soup	Abundance Soup	Me So Hungry Soup	Curried Red Lentil Soup	Abundance Soup	Tom Yum Yummy Soup	Me So Hungry Soup
After dinner (optional, only	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water	500ml water
if needed)	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea