

Day 1



GRILLED GARLIC MUSHROOMS WITH BACON

Cookbook A Pg 95

Breakfast



BEEF WITH ZUCCHINI

Cookbook A Pg 35

Dinner

CAESAR SALAD

Cookbook B Pg13



Lunch

FRUIT AND NUT SNACK

Cookbook A Pg 7



Snack optional

Day 2



Breakfast

SMOKED SALMON AND CHIVE OMELETTE

Cookbook B Pg 61



Lunch

CHINESE CABBAGE SALAD WITH ALMONDS

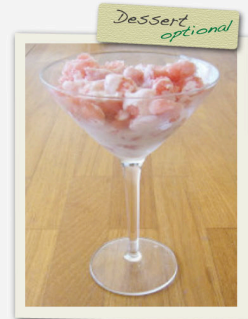
Cookbook A Pg 11



Dinner

WATERMELON ICE WITH COCONUT MILK

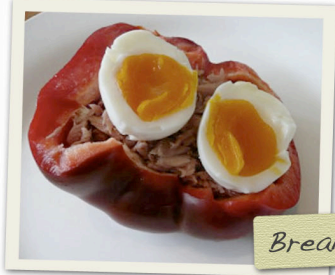
Cookbook A Pg 69



Dessert optional

BEEF AND MUSHROOM GOULASH Cookbook B Pg 35

Day 3



TUNA AND EGG SANDWICH

Cookbook B Pg 95

Breakfast



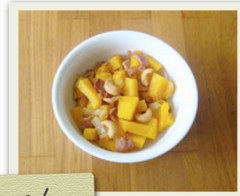
LAMB AND CAPSICUM SKEWERS

Cookbook A Pg 35

Dinner

QUICK MEAL - PUMPKIN AND BACON

Cookbook B Pg 42



Lunch

TRAFFIC LIGHTS

Cookbook B Pg 73



Dessert optional

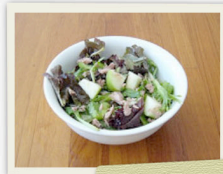
Day 4



BACON AND LEEK SANDWICH

Cookbook B Pg 97

Breakfast



TUNA AND APPLE SALAD

Cookbook B Pg 53

Lunch



CHOCOLATE BEETROOT CAKE

Cookbook B Pg 87

Dessert optional



MOROCCAN LAMB WITH SQUASH

Cookbook A Pg 38

Dinner

Day 5



SCRAMBLED EGGS WITH MUSHROOM AND PINE NUTS

Cookbook A Pg 86

Breakfast



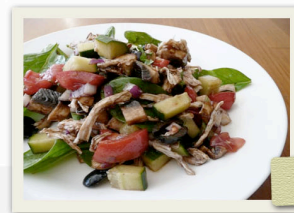
SPINACH AND ASPARAGUS SOUP

Cookbook B Pg 28

Dinner



Dessert optional



TASTY CHICKEN SALAD

Cookbook B Pg 15

Lunch

COCONUT AND LIME CUSTARD

Cookbook B Pg 65

Day 6



VEGGIE FRITTERS

Cookbook A Pg 92

Breakfast



FISH WITH TOMATO AND ALMOND

Cookbook B Pg 53

Dinner



Dessert optional

CHOCOLATE COCONUT SNACK BAR

Cookbook B Pg 98



Lunch

BACON, MUSHROOM AND PESTO FOCCACIA

Cookbook A Pg 103

Day 7



Breakfast

BROCCOLINI WRAPPED IN BACON WITH SOY PINE NUTS

Cookbook A Pg 90

PINEAPPLE AND LIME COCONUT ICE

Cookbook A Pg 68



Dessert optional

Lunch

PECAN CHICKEN SALAD

Cookbook A Pg 15



Dinner

ZUCCHINI OMELETTE

Cookbook B Pg 62

Day 8



Breakfast

SCRAMBLED EGGS WITH BASIL AND WALNUTS

Cookbook A Pg 87



+



Snack optional

POPPY SEED CRACKERS WITH PISTACHIO SALSA

Cookbook B Pg 10 & Cookbook B Pg 6



Lunch

BETROOT AND WALNUT SALAD

Cookbook A Pg 17



Dinner

MEATBALL PICCADILLO

Cookbook B Pg 36

Day 9



VEGETABLE AND NUT OMELETTE

Cookbook A Pg 62

Breakfast



FISH WITH GARLIC BASIL MAYONNAISE

Cookbook A Pg 53

Dinner



Lunch

MUSHROOM AND PUMPKIN SALAD

Cookbook B Pg 22

NUT BALLS

Cookbook A Pg 79



Dessert optional

Day 10



Breakfast

ROCKET, BACON AND WALNUT SALAD

Cookbook A Pg 13



Lunch



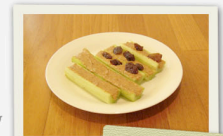
Dinner

LAMB BALLS WITH TOMATO AND BASIL SAUCE

Cookbook B Pg 40

CELERY STICKS WITH NUT BUTTER

Cookbook B Pg 8



Snack optional

BEETROOT NOODLE FRITTERS

Cookbook B Pg 102