

Day 11



Breakfast

MEATBALL WITH ROAST FENNEL AND BASIL SANDWICH

Cookbook B Pg 94

SALMON AND ZUCCHINI FRITTERS

Cookbook A Pg 89



Lunch



Dinner

PAN-FRIED MOROCCAN CHICKEN

Cookbook B Pg 48

TASTY CAULIFLOWER SNACKS

Cookbook B Pg 9



Snack optional

Day 12



Breakfast

NUT BUTTER CUCUMBER SANDWICH

Cookbook A Pg 90



Lunch

EGG AND DILL MAYONNAISE SALAD

Cookbook A Pg 12



Dinner

SPICY ALMONDS

Cookbook B Pg 7



Snack optional

NO PASTA LASAGNE

Cookbook B Pg 43

Day 13

BACON AND EGG OMELETTE

Cookbook A Pg 60



Breakfast



Dinner

COCONUT CHICKEN CURRY

Cookbook B Pg 50

SESAME COATED TUNA SALAD

Cookbook B Pg 18



Lunch

GUACAMOLE WITH ZUCCHINI CHIPS

Cookbook A Pg 6



Snack optional

Day 14



Lunch

LEEK AND ASPARAGUS SOUP

Cookbook B Pg 26



Breakfast

RAISIN OMELETTE

Cookbook A Pg 63

BEEF ROULADEN

Cookbook A Pg 37



Dinner



Dessert optional

RHUBARB AND STRAWBERRY CRUMBLE

Cookbook B Pg 81



Breakfast

ALMOND PARSLEY PASTE WITH TUNA SANDWICH

Cookbook B Pg 96



Lunch

ROAST EGGPLANT AND CAPSICUM SALAD

Cookbook A Pg 11



Dinner

MEAT SOUP Day 15 WITH CARAWAY SEEDS

Cookbook B Pg 100



Dessert optional

ROCKMELON AND BLUEBERRY SALAD

Cookbook A Pg 72



Breakfast

TUNA AND SWEET POTATO PATTIES

Cookbook A Pg 56



Lunch

MEATBALL MINISTRONE

Cookbook B Pg 30



Dinner

BEANS EGG 'N' BACON

Cookbook A Pg 39

Day 16

RASPBERRY SORBET

Cookbook A Pg 66



Dessert optional



Breakfast

SAUSAGE AND ACV SAUTÉED ONION SANDWICH

Cookbook B Pg 95



Dinner

DORY WITH BEETROOT SALAD

Cookbook A Pg 53



Snack optional

+



Lunch

SESAME SEED CRACKERS WITH ROCKET AND MACADAMIA NUT DIP

Cookbook B Pg 8 & Cookbook A Pg 4

VEGETABLES IN COCONUT MILK

Cookbook A Pg 16



Breakfast

BLUEBERRY AND PEAR CRUMBLE

Cookbook B Pg 66



Dinner

CHICKEN NOODLE SOUP

Cookbook B Pg 100

CHOCOLATE ZUCCHINI CAKE

Cookbook A Pg 83



Snack optional

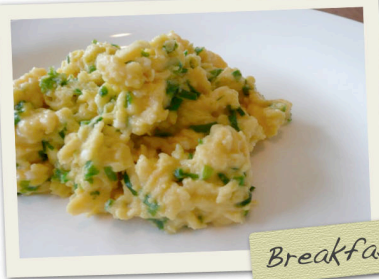


Lunch

TUNA SALAD SANDWICH

Cookbook A Pg 102

Day 19



SCRAMBLED EGGS WITH CHIVES

Cookbook A Pg 88

Breakfast



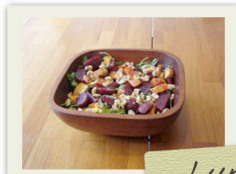
HOT AND SPICY CHICKEN

Cookbook B Pg 47

Dinner

BEETROOT AND ROAST SWEET POTATO SALAD

Cookbook A Pg 12



Lunch

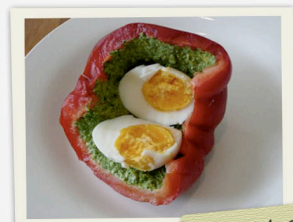
BAKED QUINCE

Cookbook B Pg 79



Dessert optional

Day 20



Breakfast

ALMOND PARSLEY PASTE WITH EGG SANDWICH

Cookbook B Pg 96



Lunch

TUNA AND OLIVE SALAD

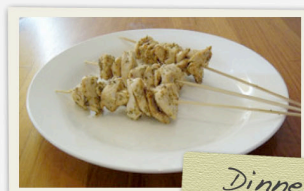
Cookbook A Pg 14

CHOCOLATE BANANA ICE-CREAMS

Cookbook B Pg 92



Snack optional



Dinner

ROSEMARY AND LEMON CHICKEN SKEWERS

Cookbook A Pg 49