



Summer Guide



Days	Breakfast	Lunch	Dinner	Snacks
MON	10kg watermelon	Mono meal of mangoes: at least 6 large ones	Mango/Tom/celerysoup: 6+ mangoes blended with 500gms of tomatoes & a stick or 2 of celery	A few punnets of strawberries
TUE	DateOrade: Blend 15 dates (best soaked) with 1 liter of water	Monomeal of figs: at least 15-20 medium sized, make sure they are ripe!	Carob-fig pudding: blend 15-20 figs with about 5 dates, add raw carob powder if desired	Munch on dates wrapped in lettuce
WED	Fruity soup: 3 punnets of strawberries blended with 5+ mangoes	8+ banana with Strawberry jam: Blend fresh strawberries with dates. Pour over banana slices	Taco's: Dice 6 mangoes, 500gms of toms and spoon into lettuce cups (using a whole lettuce) Optional lime	A punnet or two of strawberries
THU	10 bananas blended with water & celery	A mono meal of mangoes: at least 6 large ones	Chocolate mousse: Blend 2 bananas, 4+ chocolate sapotes with about 4 dates	Munch on scrumptious figs
FRI	Blend 15 dates, the juice of a few oranges & 1 liter or more water	Mango/Tom/celery/basil soup : 6+ mangoes blended with 500gms of tomatoes, a few sticks of celery & a few sprigs of basil	1 VERY sweet Pineapple chopped up into bowl. Blend up 6 or more dates & a punnet of strawberries, pour over pineapple.	Keep it simple & munch on mangoes
SAT	2 liters of sweet luscious OHHJ!	8+ banana with Strawberry jam: Blend fresh strawberries with dates. Pour over banana slices	6+ mangoes blended with a few sticks of celery & a bunch of cilantro, can add a squeeze of lime	Munch on dates rolled in iceberg lettuce leaf wraps
SUN	A mono meal of mangoes: at least 6 large ones	Cucumber slices with 10 or more dates wrapped in iceberg lettuce, if you want more keep munchin'	10 figs, 5 bananas chopped up, topped with a blended date sauce with optional raw carob powder	Eat enough in each of your 3 meals so you don't feel like snacking!

Wherever there is no quantity indicated please aim for at least 800 calories for that meal. 1000 calories or more is optimal. These meals contain no overt fats.

The planner is based on 2500 calories. Which is a MINIMUM I recommend you eat as a female. If you are male you need to aim for at least 3500 calories a day.

Just add in a few more pieces of fruit each meal to increase your overall calorie intake for the day. Don't fear large quantities of fruit! It is your friend :)