



## Winter Guide



Days	Breakfast	Lunch	Dinner	Snacks
<b>MON</b>	2 liters of orange juice	7+ banana smoothie	7 medium apples grated & 6 dates blended into sauce over top	Munch on dates squashed into celery
<b>TUE</b>	DateOrade. Blend 15 dates (best soaked) with 1 liter of water	Mono meal of persimmons, at least 8	An iceberg lettuce salad with 7 chopped dates & 5 bananas	Munch on dates blended with persimmons
<b>WED</b>	8 bananas and 3 dates smoothie	Cucumber slices with 10 or more dates wrapped in iceberg lettuce	8 Persimmons blended with 5 dates and used as a "butter" over banana slices	Munch on bananas like a chimp!
<b>THU</b>	2 liters of orange juice (1000 cal)	10+ bananas wrapped in crunchy iceberg lettuce leaves	7 bananas & 5 dates blended into pudding with optional raw carob powder	Munch down more orange juice
<b>FRI</b>	10 bananas blended with water (& celery)	A mono meal of mandarins/clementines	Blend 6 or so bananas with 2 dates & cinnamon water as a porridge base, then add 2 finely chopped bananas, dates & celery	Munch on blended toms & clementine juice
<b>SAT</b>	Jaffarade. Blend 15 dates, 2 OJ's, 1 liter of water	8+ banana smoothie blended with 2 dates & cinnamon quill water	Persimmons, tomatoes, celery plus a few dates, pulse blend, pour over lettuce	Munch on dates rolled in iceberg lettuce leaf wraps
<b>SUN</b>	DateOrade. Blend 15 dates with 1 liter of water	Mono meal of persimmons, at least 8	2kgs Clementines/mandarins, cherry tomatoes, red pepper pulse blended and poured over a large green salad	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 :)