

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Banana Ginger Smoothie	All Day Mango Energiser	Strawberry Smoothie	Lean Green Smoothie	Coconut, Chocolate and Banana Smoothie	Berry Antioxidant Smoothie	The Green Raw Energy Booster Smoothie
Snack	Small Fruit Salad	Raw Energy Balls	1 small Oaty Flapjack	Small handful of Nuts	Vegetable Sticks and Tzatziki	Rye Bread with Avocado	Raspberry Lemon Greek Yoghurt Popsicle
Lunch	Greek Salad	Warm Mackerel Salad	Shrimp and Avocado Salad	Grilled Salmon with Rocket and Pine Nut Salad	Sweet Potato Salad	Super Food Salad	Mighty Spinach and Chick Pea Salad
Snack	Vegetables and Humous	Nuts and Dried Fruit	Raw Energy Balls	Raspberry Lemon Greek Yoghurt Popsicles	Rye Bread with Avocado	Fruit Salad	Oaty Flapjacks
Dinner	Honey Glazed Salmon and Asparagus	Vegan Stuffed Peppers	Linguine with Prawns, Garlic and Spinach	Pepper, Spinach and Coconut Curry	Sea Bass, Wilted Spinach and Roasted Tomatoes on a bed of New Potatoes	Paella	Moroccan Chickpea Stew