

	MEAL ONE	MEAL TWO	MEAL THREE
Day 1-3	<b>Choose one (15ml)</b> Butternut, Gem Squash, Sweet Potato, Carrot	-	-
Day 4-7	<b>Choose two (15ml each)</b> Apple, Pear, Pawpaw, Berries, Banana	<b>Choose one (15ml)</b> Butternut, Gem Squash, Sweet Potato, Carrot  Add 5ml of the following fats: Avocado, olive paste, nut butter	
Week 2	<b>Choose two (15ml each)</b> Apple, Pear, Pawpaw, Berries, Banana, Mango	<b>Choose one (15ml)</b> Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips  Add 5ml of the following fats: Avocado, olive paste, nut butter	<b>Choose one (15ml)</b> Butternut, Gem Squash, Sweet Potato, Carrot  Add 5ml of the following fats: Avocado, olive paste, nut butter
Week 3	<b>Choose two (15ml each)</b> Apple, Pear, Pawpaw, Berries, Banana, Mango	<b>Choose two (15ml each)</b> Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips  <b>Add 1 protein (5-10ml):</b> Egg (scrambled, mashed and mixed into veggies), chicken, lamb, beef, ostrich (steamed/roasted/baked and liquidised)  Add 5ml of the following fats: Avocado, olive paste, nut butter	<b>Choose two (15ml each)</b> Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips  <b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter
Week 4	<b>Choose two (15ml each)</b> Apple, Pear, Pawpaw, Berries, Banana, Mango Add 10ml of full cream plain yoghurt  	<b>Choose two (15ml each)</b> Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips  <b>Add 1 protein (10-15ml):</b> Egg (scrambled, mashed and mixed into veggies), chicken, lamb, beef, ostrich (steamed/roasted/baked and liquidised)  <b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter	<b>Choose two (15ml each)</b> Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips  <b>Add 1 protein (10-15ml):</b> from already tried and tested protein foods  <b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter