

7 DAY MEAL PLAN

Victoria
O'SULLIVAN

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---|------------------------------|--------------------------------------|--|--|--|--|
| ON RISING | 1 large glass of warm water | 1 large glass of warm water | 1 large glass of warm water | 1 large glass of warm water | 1 large glass of warm water | 1 large glass of warm water | 1 large glass of warm water |
| BREAKFAST | Savoury egg muffins | Collagen smoothie | Hormone balancing smoothie | Chia pudding | 1 slice tahini seed bread w/ 1/4 avocado | Omelette w/ tomato & basil | Hormone balancing smoothie |
| SNACK | 10 almonds & 1/2 a sliced cucumber | 1 almond collagen bliss ball | 10 almonds & 1/2 a sliced cucumber | 2 slices of turkey & 1 sliced celery stick | 2 tbsp collagen & water | 1 macadamia butter bar | 2 tbsp cauliflower hummus w/ 1 sliced carrot |
| LUNCH | Grilled meat & vegetables | Beef strips & salad | Grilled meat salad w/ 1 tbsp avocado | Grilled chicken & green veggies | Salmon patties w/ salad | 3 Olina seed crackers w/ 2 slices turkey | Pesto salmon w/ green veggies |
| SNACK | 2 celery sticks w/ 1 tbsp almond butter | 1 low carb nut bar | 1 chocolate collagen brownie | 10 almonds & 1/2 a sliced cucumber | 1 chocolate bliss ball | Lean & green smoothie | 2 slices turkey, 1/2 a sliced cucumber |
| DINNER | Lamb roast with veggies | Baked salmon & greens | Cauliflower fried rice | Steak & roast veggies | Fish taco bowls | Grilled prawns & veggies | Chicken ramen |