

ENERGIZING ACTIVE NATION DAY FOOD PLAN

DAY 1 SUNDAY	DAY 2 MONDAY	DAY 3 TUESDAY	DAY 4 WEDNESDAY	DAY 5 THURSDAY	DAY 6 FRIDAY	DAY 7 SATURDAY
FIRST THING Juice of half a lemon and tsp. of ACV in 200ml of water (at least 20 minutes before eating)	FIRST THING Juice of half a lemon and tsp. of ACV in 200ml of water (at least 20 minutes before eating)	FIRST THING Juice of half a lemon and tsp. of ACV in 200ml of water (at least 20 minutes before eating)	FIRST THING Juice of half a lemon and tsp. of ACV in 200ml of water (at least 20 minutes before eating)	FIRST THING Juice of half a lemon and tsp. of ACV in 200ml of water (at least 20 minutes before eating)	FIRST THING Juice of half a lemon and tsp. of ACV in 200ml of water (at least 20 minutes before eating)	FIRST THING Juice of half a lemon and tsp. of ACV in 200ml of water (at least 20 minutes before eating)
BREAKFAST Baked eggs with quinoa, sausage and chorizo	BREAKFAST Overnight oats with blueberries	BREAKFAST 2 boiled eggs and green booster smoothie	BREAKFAST Burcher muesli and muddled berries	BREAKFAST Quinoa porridge	BREAKFAST Overnight oats with blueberries	BREAKFAST Choc chia pancakes
MID MORNING SNACK Green booster smoothie	MID MORNING SNACK Banana peanut butter and cacao nib stack	MID MORNING SNACK 4 Medjool dates with Greek yogurt and pistachios + tea of your choice 30 min after eating	MID MORNING SNACK Green booster smoothie	MID MORNING SNACK Avocado and tuna	MID MORNING SNACK 2-3 Almond and chia cookies + Cinnamon tea (or tea of choice) 30 mins after eating	MID MORNING SNACK Green booster smoothie
LUNCH Fresh Zucchini Salad with your choice of protein	LUNCH Left over sweet potato fritters with Spicy Chickpea and creamy avocado dressing salad	LUNCH Vietnamese chicken salad + 1 cup of green tea 1 hour after eating	LUNCH Nourishment bowl: Inner health	LUNCH Quinoa with sundried tomatoes and secret pesto sauce	LUNCH Left over Kumara and peanut butter soup	LUNCH Crispy chicken and quinoa sushi + 1 cup of green tea 1 hour after eating
AFTERNOON DELIGHT 2 No bake energy bites	AFTERNOON DELIGHT 2 No bake energy bites	AFTERNOON DELIGHT 2-3 Almond and chia cookies	AFTERNOON DELIGHT 2-3 Almond and chia cookies	AFTERNOON DELIGHT 2-3 Almond and chia cookies	AFTERNOON DELIGHT Guacamole and veggie sticks	AFTERNOON DELIGHT Roasted pepitas with tamari and cayenne pepper
DINNER Sweet potato fritters & Peppermint tea 1 hour after eating	DINNER Steamed orange ginger chicken	DINNER Healthy walnut crusted salmon	DINNER Tasty chickpea salad & lamb or beef fillet + Peppermint tea 1 hour after eating	DINNER Kumara and peanut butter soup	DINNER Mushroom quinoa risotto	DINNER Healthy fish tacos with super food salad
H2O 2L of water + 600mL each hour of exercising	H2O 2L of water + 600mL each hour of exercising	H2O 2L of water + 600mL each hour of exercising	H2O 2L of water + 600mL each hour of exercising	H2O 2L of water + 600mL each hour of exercising	H2O 2L of water + 600mL each hour of exercising	H2O 2L of water + 600mL each hour of exercising