

trainingmate

REAL DETOX RECIPE PACK

WEEK 1

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MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Breakfast Salad Bowl	Raspberry & Flaxseeds Smoothie Bowl	Pear & Ginger Muesli Bircher	Mango Lassi with Mint	Pear & Ginger Muesli Bircher	Raspberry & Flaxseeds Smoothie Bowl	Breakfast salad Bowl
LUNCH (Ideally 3-4 hours after breakfast)	Chicken, Walnut & Chicory Salad	Leftover Chicken, Walnut & Chicory Salad	Sundried Tomato Hummus with Vegetables & Crackers	Broccoli & Ginger Soup	Leftover Broccoli & Ginger Soup	Nicoise Salad with Grilled Shrimps	Leftover Nicoise Salad with Grilled Shrimps
SNACK (Ideally between lunch and dinner)	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Chicken & Banana Curry with rice	Leftover Chicken & Banana Curry with rice	Salmon Bake Tray	Leftover Salmon Bake Tray	Thai Green Curry with Lentils	Meal Out – Enjoy!	Leftover Thai Green Curry with Lentils

