

trainingmate

REAL DETOX RECIPE PACK

WEEK 2

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MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Kale & Pineapple Green Smoothie	Beet The Blues Smoothie	Matcha Chai Pudding	Green Goodness Smoothie	Turmeric Poached Eggs	Green Goodness Smoothie	Turmeric Poached Eggs
LUNCH (Ideally 3-4 hours after breakfast)	Rainbow Quinoa Salad with Grilled Turkey	Leftover Rainbow Quinoa Salad with Grilled Turkey	Beetroot Soup	Leftover Beetroot Soup	Red Kidney & Mackerel Salad	Leftover Red Kidney & Mackerel Salad	Beet The Blues Smoothie
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding
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)	Vegetarian Nasi Goreng	Leftover Vegetarian Nasi Goreng	Pork in satay Sauce with Asian Noodles	Leftover Pork in satay Sauce with Asian Noodles	Gluten Free Turkey Casserole	Meal Out – Enjoy!	Leftover Gluten Free Turkey Casserole

