

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Vege juice + Large bowl fruit salad	Vege juice + 200g natural yogurt + fresh berries and sprinkle of walnuts	Vege Juice + 1/3 cup oats + 1 cup low fat milk	Vege Juice + 1/3 cup oats + 1 cup low fat milk	Vegetarian Omelette
Mid-Morning	Piece of fruit	Piece of fruit	Piece of fruit	Piece of fruit	Piece of fruit
Lunch	DETOX SOUP	DETOX SOUP	½ cup brown rice + small tin tuna + sweet chili sauce	DETOX SOUP + 4 Rye Crackers + tuna	Chicken salad
Mid Afternoon	Handful of almonds + 1 piece of fresh fruit	Handful of almonds + 1 piece of fresh fruit	2 corn thins + 2 teaspoons No Added Sugar Peanut Butter	30g mixed nuts + 1 piece of fruit	2 corn thins + 2 teaspoons No Added Sugar Peanut Butter
Dinner	DETOX SOUP	150g white fish & DETOX soup	150g grilled fish or chicken breast + mixed vegetables	Prawn and vegetable stir fry with ½ cup brown rice	DETOX SOUP