

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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Week 1

	Breakfast	Lunch	Dinner
Sunday	Ultimate Healthy Fruity Bowl	Crowd Pleasing Curry	Weekend Dinner Chicken
Monday	Protein Packed Smoothie	Dive Cabbage	Scrumptious Stuffed Steak
Tuesday	Unique Filled Avocado	Delectable Vegetable Noodles	Spicy Chopped Chicken Salad
Wednesday	Best Ever Chia Seeds Pudding	Aromatic Roasted Tomatoes	Warming Turkey Soup
Thursday	Delish Savory Pancakes	Crunchy Veggie Salad	Classic Grilled Chicken
Friday	SuperFood Smoothie	Flavorsome Shrimp	Filling Seafood Soup

Saturday	Impressive Veggies and Eggs Bake	Winner Salmon Burgers	Gorgeous Lamb and Green Peas
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Week 2

	Breakfast	Lunch	Dinner
Sunday	Delish Savory Pancakes	Freshly Tasty Scallops and Asparagus	Sophisticated Salmon Parcel
Monday	Superfast Omelet	Winner Salmon Burgers	Fiesta Chicken and Salsa
Tuesday	Ultimate Healthy Porridge	Irresistible Warm Salad	Celebration Lamb Chops
Wednesday	Baked Spinach and Eggs	Aromatic Roasted Tomatoes	Hot and Spicy Halibut
Thursday	Ultimate Healthy Fruity Bowl	Mouth Watering Kabobs	All In One Beef Salad

Friday	Gourmet Breakfast	Super Light Lettuce Wraps	Awesome Vegetable Medley
Saturday	Fabulous Rosemary Bread	Delectable Vegetable Noodles	Succulent Lamb Stew