

	MEAL ONE	MEAL TWO	MEAL THREE
Day 1-3	<p><b>Choose one (15ml)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot</p>		
Day 4-7	<p><b>Choose two (15ml each)</b></p> <p>Apple, Pear, Pawpaw, Berries, Banana</p>	<p><b>Choose one (15ml)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot</p> <p><b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter</p>	
Week 2	<p><b>Choose Two (15ml each)</b></p> <p>Apple, Pear, Pawpaw, Berries, Banana, Mango</p>	<p><b>Choose one (15ml)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips</p> <p><b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter</p>	<p><b>Choose one (15ml)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot</p> <p><b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter</p>
Week 3	<p><b>Choose Two (15ml each)</b></p> <p>Apple, Pear, Pawpaw, Berries, Banana, Mango</p>	<p><b>Choose two (15ml each)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips</p> <p><b>Add 1 protein (5-10ml):</b></p> <p>Egg (scrambled, mashed and mixed into veggies), chicken, lamb, beef, ostrich (steamed, baked, roasted and liquidised)</p> <p><b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter</p>	<p><b>Choose two (15ml each)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips</p> <p><b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter</p>
Week 4	<p><b>Choose Two (15ml each)</b></p> <p>Apple, Pear, Pawpaw, Berries, Banana, Mango</p> <p>Add 10ml of full cream plain yoghurt</p>	<p><b>Choose two (15ml each)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips</p> <p><b>Add 1 protein (10-15ml):</b></p> <p>Egg (scrambled, mashed and mixed into veggies), chicken, lamb, beef, ostrich (steamed, baked, roasted and liquidized)</p> <p><b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter</p>	<p><b>Choose two (15ml each)</b></p> <p>Butternut, Gem Squash, Sweet Potato, Carrot, Broccoli, Beetroot, Spinach, Mushy Peas, Parsnips</p> <p><b>Add 1 protein (10-15ml):</b></p> <p>from already tried and tested protein foods</p> <p><b>Add 5ml of the following fats:</b> Avocado, olive paste, nut butter</p>

