

# Daily Recommendations for Greatest Success.

- **30 minutes** of exercise minimum **5 x week**  
This can be in 2 x 15min sessions or 3 x 10 min session
- **Core 5** dietary supplements
- **All meals are interchangeable**  
following the guidelines
- **1 GlycoSlim meal replacement drink per day**
- **2 meals with 3 handfuls of vegetables**
- **2 meals with 1 palm-full of lean protein**  
eggs, chicken, fish, beef, turkey, duck, lamb, veal, kangaroo.
- **Avoid** smoked, processed and **fatty meats**
- **Vegetarian protein sources**  
All lentils, split peas, chick peas, red kidney beans, tofu, eggs.
- **Only include dairy if no intolerance or allergy.**
  - Extra from the evening meals may be used **for lunch the next day.**
  - **Water min 2 litres/6 - 8 glasses**
  - **Herbal tea, green tea**
  - **Avoiding, limiting or eliminating alcohol,** coffee, chocolate drinks, fruit juice drinks, soft drinks, sugary drinks, cordial, milk drinks.
  - Use liberally **garlic herbs, fresh and dried herbs, chilli, lemon and lime juice** healthy oils, 2 tsp organic honey.
  - **Avoiding; sugar,** artificial sweeteners, salt, processed dressings and sauces.
  - **Vegetables to eat; 6 handfuls daily.**
  - **Low GI:** Green leafy vegetables - rocket, spinach, cabbage, kale, bok choy
  - **Different coloured vegetables** - cauliflower, broccoli, snow peas, beans, tomato, capsicums, sweet potato, zucchini, squash
  - **Fruit; 2 pc Low GI:** strawberries, raspberries, blue berries (berries  $\frac{2}{3}$  cup = 1 serve), apple, pear, orange, melon (1 cup = 1 serve)
  - **Protein sources;** eggs, fish, chicken, red meat, lamb, pork, legumes, tofu, yoghurt, cheese, nuts, seeds.
  - **Dairy; Optional**  $\frac{1}{2}$  cup - milk, butter, cheese, yoghurt.



## Did you know?

Resistance exercise assists you in burning energy while you sleep! Consider using resistance bands.

## Did you know?

Just a 5-10% fat loss can significantly improve insulin resistance, blood pressure and lipid profile!

## Did you know?

People who eat breakfast have improved weight loss and maintain it!

## Did you know?

A waist measurement of greater than 94cm for men or 80cm for women is an indicator of the level of internal fat deposits which coat the heart, kidneys, liver and pancreas, and increase the risk of chronic disease. [Measureup.gov.au](http://Measureup.gov.au)



**RESIDENT NUTRITIONIST** – Mannatech always reaches out for the best. **Faith Best**, Mannatech's Resident Nutritionist, who holds a Bachelor of Health Science majoring in Complementary Medicine and an additional qualification as a Naturopath, is here to offer her expertise. Faith is one of the new breed of health practitioners using complementary health practices alongside traditional medicines.

# Your 4 week Meal Plan

## WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops
Breakfast						
GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries	1-2 eggs, sprinkling of cheese, 1/3 cup mushrooms, 1 tomato, 1, spring onion, herbs to taste.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries	½ cup plain yoghurt + ½ cup of berries + 1 tbsp of sunflower seeds, 5 almonds.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries
Snack						
10-15 almonds or nuts of choice (Macadamias - 3 only) 1 apple or pear	1/3 cup of yoghurt 10 strawberries + 10 almonds or nut of choice.	Carrot and celery sticks with hommous, tatziki, or 1 tbsp organic peanut butter.	1 of either apple, pear, 2 mandarins, 1 orange, 1 nectarine, 1 peacharine, ½cup melon + 10 almonds	2 slices of hard cheese, cottage or cream cheese with carrot, celery.	Boiled egg, 1- carrot, celery, zucchini, 2 tsp of mayonaise	2 mandarins/1 orange + 10 almonds
Lunch						
2 handfuls of lettuce, 1 pc grilled fish, 1 carrot, ¼ avocado, 1celery, 2 eggs, olive oil, balsamic vinegar, fresh herbs.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries.	Grilled fish - 1 palm 3 handfuls of vegetables, salad or stirfry, olive oil, pepper, lemon, soy sauce, chilli. (if preferred)	Chicken salad - grilled chicken with 2 cups of salad of choice.	Stirfry - 1 palm of turkey breast, ¼c chickpeas, 3 handfuls vegetables, organic sauces, herbs to taste, chilli, soy sauce.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	Egg salad; 2 eggs, 3 cups of salad, ¼ cup fetta, olive oil, herbs to taste
Snack						
Celery sticks, carrot sticks, ¼ cup of hommous.	1 apple + 10 almonds	Celery or carrot or zucchini sticks & cheese or 1/3c of hommous.	1 slice of quiche	Carrot and celery sticks with hommous, tatziki, or 1 tbsp of organic peanut butter.	1/3 cup cottage cheese or hommous or tatziki or ¼ avocado on carrots, capsicum or celery.	2 slices of cheese, + carrot, celery, or apple.
Dinner						
OsoLean powder- 2 scoops Roast Chicken- 1 palm full. 3 handfuls of vegetables, spinach, carrots, zucchini, green beans, broccolli, cauliflower.	OsoLean powder - 2 scoops Grilled steak and salad- 3 handfuls of vegetables steamed broccolli with herbs and virgin olive oil, sweet potato.	OsoLean powder – 2 scoops Quiche- 3 cups of vegetables- onion, broccolli, cauliflower, spinach, mushrooms with 2 eggs, milk, sprinkle with cheese, herbs to taste. Comine ingredients, place in dish brushed with olive oil. Bake. 180* 15-20 minutes	OsoLean powder- 2 scoops Stirfry- tofu, chickpeas + 3 cups of vegetables, soy sauce, fresh herbs, chilli, garlic and spices,	OsoLean powder - 2 scoops Soup- 1 palm of chicken (or 1 palm full of lentils-1 cup) + 3 cups of vegetables, onions, cauliflower, sweet potato Organic vegetable stock, pepper, chilli	OsoLean powder- 2 scoops Bolognaise – tomato based bolognaise (lean beef) poured on 3 cups of lightly cooked vegetables, cauliflower, beans, strips of zucchini, sprinkle with cheese and herbs.	OsoLean powder - 2 scoops Grilled Fish, with garden salad vinaigrette dressing sprinkled with walnuts.
Snack						
½ cup plain yogurt + 7 strawberries, or 1 apple + 5 almonds.	2 pc dark chocolate (80%) + 10 almonds	3 strawberries, ½ apple, ½ pear top with 2 tbsp yoghurt + 5 almonds	10 almonds, 2tbsp sunflower seeds, 1 apple	½ cup plain yoghurt + 1/3 cup berries	2 pc dark chocolate (80%) + 10 almonds	1 apple cut up, stewed, cinammon, top with crushed almonds. Bake.

# Your 4 week Meal Plan



WEEK 2						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops
Breakfast						
GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	2 eggs, scrambled, poached or shallow fried in olive oil. Sprinkling of cheese, 1/3 cup mushrooms, 1 tomato.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	½ cup plain yoghurt + ½ cup of berries + 1 tbsp of sunflower seeds, 5 almonds.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.
Snack						
10-20 almonds or nuts of choice (Macadamias - 7 only) 1 apple or pear	1/3 cup of yoghurt 7 strawberries + 10 almonds or nut of choice	Carrot and celery sticks with hommous, tatziki, or 1 tbsp organic peanut butter.	1 of either apple, pear, 2 mandarins, 1 orange, 1 nectarine, 1 peacharine, ½cup melon + 10 almonds	Guacemole- ¼ avocado, ½ tomato chopped, ½ spring onion, 1 tbsp plain yoghurt, lemon/ lime juice, salt, pepper and chilli with carrot, celery, zucchini sticks..	Boiled egg, 1 - carrot, celery, zucchini, 2 tsp of mayonaise	2 mandarins/1 orange + 10 almonds
Lunch						
Lean burger- no bun, side of salad- 2 cups, dressing on the side.	2 - lamb skewers, with salad, 3 bean mix	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	4 Skewers- red/ yellow capsicum, fresh herb - basil, cucumber, tomato, bocconci or fetta- ½ cup, tomato salsa dipping sauce.	Stirfry - 1 palm of meat- chicken, beef, lamb, fish. 3 handfuls vegetables, organic sauces, herbs to taste, chilli, soy sauce, etc	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	Egg salad; 2 eggs, 3 cups of salad, ¼ cup fetta, olive oil, herbs to taste
Snack						
Celery sticks, carrot sticks ¼ cup of hommous.	1 apple + 10 almonds	Celery or carrot or zucchini sticks & cheese or 1/3c of hommous.	1 slice of quiche	Carrot and celery sticks with hommous, tatziki, or 1 tbsp of organic peanut butter.	1/3 cup cottage cheese or hommous or tatziki or ¼ avocado on carrots, capsicum or celery.	2 slices of cheese, + carrot, celery, or apple.
Dinner						
OsoLean powder - 2 scoops Grilled steak and salad. 3 handfuls of low GI vegetables of your choice, with olive oil and vinegar, sprinkle of almonds.	OsoLean powder - 2 scoops Marinade chicken in 1tbsp of Tahini and 1tbsp of lime juice. Cook chicken in non stick pan- set aside. Stirfry carrots, green beans, cauliflower, spring onions, sweet potato in 1/4c coconut milk, lemon grass, fresh corriander, sprinkle with sesame seeds	OsoLean powder - 2 scoops Grilled fish- Fish rubbed with olive oil, rolled in curry powder. Salad greens, steamed asparagus, vinaigrette, olive oil.	OsoLean powder - 2 scoops Baked spinach egg. 1 ½ hand fuls of spinach wilted, place onto tray in 3 round shapes with cetres hollowed out, crack an egg into each hollow, sprinkle with cheese, herbs, spices. Bake until egg is set.	OsoLean powder - 2 scoops Spinach and ricotta fritatta, 150 g of ricotta, 1 egg, 1 ½ hand fuls of wilted spinach, ¼ c onion quickly stirfried, ½ tbsp parsley, 5 cherry tomatoes- halved. Place in dish, push tomatoes on top. Bake for 30 min.	OsoLean powder - 2 scoops Lamb cutlets with vegetables- 1 palm sized portion of lamb, baste and grill in ¼tsp vinegar, ¼tsp of mustard, ½tsp worcesthire sauce, sea salt and pepper. Serve on steamed-cauliflower, broccoli, green beans. Top with fresh parsley, chives and slivered almonds.	OsoLean powder - 2 scoops Pitta pizza- 1 8" wholemeal pitta bread, top with 1/3 cup mushrooms, 1 tomato, 1/3 capsicum, ½ cup of ham, ¼ fetta, parmesan cheese, herbs to taste
Snack						
½ cup plain yogurt + 7 strawberries, or 1 apple + 5 almonds.	2 pc dark chocolate (80%) + 10 almonds	3 strawberries, ½ apple, ½ pear top with 2 tbsp yoghurt + 5 almonds	10 almonds, 2tbsp sunflower seeds, 1 apple	½ cup plain yoghurt + 1/3 cup berries	2 pc dark chocolate (80%) + 10 almonds	1 apple cut up, stewed, cinammon, top with crushed almonds. Bake

**WEEK 3**

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops
<b>Breakfast</b>						
GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	2 eggs, 2 tbsp of cheese, 1/3 cup mushrooms, 1 tomato.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	½ cup plain yoghurt + ½ cup of berries + 1 tbsp of sunflower seeds, 5 almonds.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.
<b>Snack</b>						
10-20 almonds or nuts of choice (Macadamias- 7 only) 1 apple or pear	1/3 cup of yoghurt 7 strawberries + 10 almonds or nut of choice	Carrot and celery sticks with hommous, tatziki, or 1 tbsp organic peanut butter.	1 of either apple, pear, 2 mandarins, 1 orange, 1 nectarine, 1 peacharine, ½cup melon + 10 almonds	Beetroot dip with carrot, celery. Bake 1 beetroot, when soft dice finely add 1 tbsp plain yoghurt, 1-2 tsp lemon juice, fresh corriander	Boiled egg, 1- carrot, celery, zucchini, 2 tsp of mayonaise	2 mandarins/1 orange + 10 almonds
<b>Lunch</b>						
2 handfuls of lettuce, 1 palm of marinated beef strips cooked. On 1 carrot, ¼ avocado, mushrooms, capsicums, 5 olives, dressing of chilli, lime, basil and olive oil.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	1 palm of chicken 3 handfuls of vegetables, salad or stirfry, olive oil, pepper, lemon, soy sauce, chilli. (if preferred)	Egg Salad; mix egg with 1 tbsp mayonaise, fresh corriander, place on top of 2 hand fuls of lettuce, ¼ cup mushrooms. 1 carrot, 2 celery stalks and 1/3 cup 3 bean mix.	4 Skewers- red/ yellow capsicum, fresh herb - basil, cucumber, tomato, bocconci or fetta- ½ cup, tomato salsa dipping sauce.	GlycoSlim Shake-made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	Stuffed capsicums- ½c chick peas, 1 tomato, ¼ mushrooms, 1 cup of spinach, 2 tbsp fetta or ricotta, fresh basil. Mix together and place in capsicum shell, bake- 10-20 min. Sprinkle with cheese and paprika.
<b>Snack</b>						
Celery sticks, carrot sticks ¼ cup of hommous.	1 apple + 10 almonds	Celery or carrot or zucchini sticks & cheese or 1/3c of hommous.	1 small quiche- small muffin size.	Carrot and celery sticks with hommous, tatziki, or 1 tbsp of organic peanut butter.	1/3 cup cottage cheese or hommous or tatziki or ¼ avocado on carrots, capsicum or celery.	2 slices of cheese, + carrot, celery, or apple.
<b>Dinner</b>						
OsoLean powder - 2 scoops Roast Chicken- 1 palm full. 3 handfuls of vegetables, spinach, carrots, zucchini, green beans, broccolli, cauliflower. 1 small pontiac potato(red skinned)	OsoLean powder- 2 scoops Grilled Fish, steamed vegetables, organic tomato salsa- herbs, garlic, fresh basil.	OsoLean powder - 2 scoops Vegetable stack: layer eggplant, sweet potato, spinach, zucchini, carrot ( any vegetable) pour organic pureed tomatos over, sprinkle with cheese, fresh herbs, Bake.	OsoLean powder - 2 scoops Stirfry- chicken or beef 1 palm full + 3 cups of vegetables, soy sauce, fresh herbs, basil chilli, olive oil and spices,	OsoLean powder - 2 scoops Grilled steak- with tomato salsa- onions, tomato, chilli, garlic, olive oil. On a bed of steamed beans and apsaragus, cauliflower, carrots, broccoli and sweet potato.(equiv to 3 cups)	OsoLean powder - 2 scoops Bolognaise – tomato based bolognaise (lean beef) poured on 3 cups of lightly cooked vegetables, cauliflower, beans, strips of zucchini, sprinkle with cheese and herbs.	OsoLean powder - 2 scoops Seasoned fish with cabbage - cook fish in olive oil sprinkle with salt and pepper to taste set aside. Combine spring onion, 1/4tsp ginger, 1/4tsp cumin, 1/4tsp fennel seeds, 1/4tsp chilli, ¼tsp garam masala, saute for 2-3 minutes, add 2 cups of shredded cabbage. Top cabbage with fish, sprinkle with salt and pepper to taste.
<b>Snack</b>						
½ cup plain yogurt + 7 strawberries, or 1 apple + 5 almonds.	2 pc dark chocolate (80%) + 10 almonds	3 strawberries, ½ apple, ½ pear top with 2 tbsp yoghurt + 5 almonds	10 almonds, 2tbsp sunflower seeds, 1 apple	½ cup plain yoghurt + 1/3 cup berries	2 pc dark chocolate (80%) + 10 almonds	1 apple cut up, stewed, cinammon, top with crushed almonds. Bake.



WEEK 4						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops	Lemon in 300ml water OsoLean powder - 2 scoops
Breakfast						
GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	2-Eggs – omellete, poached, shallow fry, with mushrooms, tomato, spinach, onions, grated zucchini and carrot. Sprinkle with cheese, and fresh herbs.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	½ cup plain yoghurt + ½ cup of berries + 1 tbsp of sunflower seeds, 5 almonds.	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.
Snack						
10-20 almonds or nuts of choice (Macadamias- 7 only) 1 apple or pear	1/3 cup of yoghurt 7 strawberries + 10 almonds or nut of choice	Carrot and celery sticks with hommous, tatziki, or 1 tbsp organic peanut butter.	1 of either apple, pear, 2 mandarins, 1 orange, 1 nectarine, 1 peacharine, ½cup melon+ 10 almonds	Carrot and celery sticks with hommous, tatziki, or 1 tbsp of organic peanut butter.	1/3 cup cottage cheese on carrots, capsicum or celery.	2 slices of cheese, + carrot, celery, or apple.
Lunch						
Mountain bread wrap- 1 slice- turkey breast, ¼ avocado., grated carrot, lettuce, mushrooms, ½ tomato sliced, optional cottage	1 palm of chicken 3 handfuls of vegetables, salad or stirfry, olive oil, pepper, lemon, soy sauce, chilli. (if preferred)	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries	Your choice of salad, Greek, Ceasar, Thai, with a meat/protein. Dressing on the side, no croutons.	Stirfry - 1 palm of meat- chicken, beef, lamb, fish. 3 handfuls vegetables, organic sauces, herbs to taste, chilli, soy sauce, etc	GlycoSlim Shake - made as directed. Chocolate or Vanilla may add 1/3 cup of berries or 5 strawberries.	Egg Salad; 2 eggs, 3 cups of salad, ¼ cup fetta, olive oil, herbs to taste or quiche (see previous recipe)
Snack						
Celery sticks, carrot sticks, ¼ cup of hommous.	1 apple + 10 almonds	Celery or carrot or zucchini sticks & cheese or 1/3c of hommous.	1 small quiche - small muffin size.	Carrot and celery sticks with hommous, tatziki, or 1 tbsp of organic peanut butter.	1/3 cup cottage cheese or hommous or tatziki or ¼ avocado on carrots, capsicum or celery.	2 slices of cheese, + carrot, celery, or apple.
Dinner						
OsoLean powder - 2 scoops Ratatouille- Cook ½ onion in 2 tbsp olive oil, add 1 red or green capsicum, add 1 chopped eggplant. Add chopped zucchini, garlic diced 3 tomatoes. Minced thyme, cover and simmer 20 minutes. Stir in fresh basil and serve.	OsoLean powder - 2 scoops Grilled steak and salad. 3 handfuls of vegetables, with olive oil, and balsamic vinegar.	OsoLean powder - 2 scoops Quiche- 3 cups of diced vegetables- spinach, carrots, green beans, with 2 eggs whipped, baked in small dish. Top with 2 tbsp cheese herbs to taste.	OsoLean powder - 2 scoops Thai Stirfry- White fish or tofu/tempeh + 1 cup of bean sprouts, broccoli, capsicum, onion, mushroom and 1 cup of cabbage or chinese greens, cooked in olive and sesame oil with lime juice and fresh coriander.	OsoLean powder - 2 scoops Pesto fish; 1 palm sized portion of fish, covered with homemade or organic pesto, marinade in fridge for 30 min then in hot pan with olive oil, cook. Serve with mix salad greens, cherry tomatoes, snow peas, squeeze of lemon over fish and salad.	OsoLean powder - 2 scoops Lamb cutlets with vegetables- 1 palm sized portion of lamb, baste and grill in ¼tsp vinegar, ¼tsp of mustard, ½tsp worcesthire sauce, sea salt and pepper. Serve on steamed-cauliflower, broccoli, green beans. Top with fresh parsley, chives and slivered almonds.	OsoLean powder - 2 scoops Marinade chicken in 1tbsp of Tahini and 1tbsp of lime juice. Cook chicken in non stick pan- set aside. Stirfry carrots, green beans, cauliflower, spring onions, sweet potato in 1/4c coconut milk, lemon grass, fresh corriander, sprinkle with sesame seeds
Snack						
½ cup plain yogurt + 7 strawberries, or 1 apple + 5 almonds.	2 pc dark chocolate (80%) + 10 almonds	3 strawberries, ½ apple, ½ pear top with 2 tbsp yoghurt + 5 almonds	10 almonds, 2tbsp sunflower seeds, 1 apple	½ cup plain yoghurt + 1/3 cup berries	2 pc dark chocolate (80%) + 10 almonds	1 apple cut up, stewed, cinammon, top with crushed almonds. Bake