

The Vibra Eating Plan – Kick Start Phase - Week 1

	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Protein Drink	50g Nuts	Almond Chicken Salad	Protein Drink	Tomato and Avocado Slices Grilled Skinless Turkey Breast Steamed Broccoli, carrots and artichoke
Tues	Protein Drink	50g Nuts	Tuna Salad Handful of Almonds Mineral Water	Protein Drink	Tossed Green Salad Steak with lemon juice and dill Steamed Asparagus
Wed	Protein Drink	50g Nuts	Chicken and Salad Wrap	Protein Drink	Thai Green Chicken Curry with Spinach and Bean Sprouts (see recipe)
Thurs	Protein Drink	50g Nuts	Gingery Chicken and Veggies Tomato/black olive, green salad and Salsa dressing	Protein Drink	Moroccan Chicken with Pumpkin and Coriander (see recipe)
Fri	Protein Drink	50g Nuts	Turkey Burger Tossed Green Salad with olive oil and lemon juice	Protein Drink	Fish, fried with 2 tsp of olive oil garlic, lemon and 1tbs capers salad vegetables with balsamic vinegar
Sat	Protein Drink	50g Nuts	Steak and salad sandwich (2 slices wholegrain bread with cooked lean steak, rocket and tomato)	Protein Drink	Turkey, Orange and Mint with Wilted Spinach (see recipe)
Sun	F U N D A Y				