

The Vibra Eating Plan – Kick Start Phase - Week 2

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Protein Drink	50g Nuts	Almond Chicken Salad	Protein Drink	Turkey with Proscuitto and Sage (see recipe)
Tuesday	Protein Drink	50g Nuts	Brockway Tuna Salad Handful of Almonds Mineral Water	Protein Drink	Shaved Beef on Broccoli and Parsnip Mash (see recipe)
Wednesday	Protein Drink	50g Nuts	Spinach Salad	Protein Drink	Beef casserole (lean beef, baked with 2 cups of assorted vegetables, tomato puree, oregano and garlic + 2 -3 tsp of olive oil)
Thursday	Protein Drink	50g Nuts	Gingery Chicken and Veggies Tomato/black olive, green salad and Salsa dressing	Protein Drink	Grilled snapper or your favourite fish steamed vegetables
Friday	Protein Drink	50g Nuts	Turkey Burger Tossed Green Salad with olive oil and lemon juice	Protein Drink	Beef, Lemongrass and Broccolini Stir Fry (see recipe)
Saturday	Protein Drink	50g Nuts	Steak and salad sandwich (2 slices wholegrain bread with cooked lean steak, rocket and tomato)	Protein Drink	Veal with Olives and Lemon on Eggplant Slices (see recipe)
Sunday	F U N D A Y				