

Day
1

- Beans
- Berries
- Other Fruits
- Cruciferous Vegetables
- Greens
- Other Vegetables
- Flaxseeds
- Nuts & Seeds
- Spices
- Whole Grains
- Drinks
- Exercise

Day
2

- Beans
- Berries
- Other Fruits
- Cruciferous Vegetables
- Greens
- Other Vegetables
- Flaxseeds
- Nuts & Seeds
- Spices
- Whole Grains
- Drinks
- Exercise

Day
3

- Beans
- Berries
- Other Fruits
- Cruciferous Vegetables
- Greens
- Other Vegetables
- Flaxseeds
- Nuts & Seeds
- Spices
- Whole Grains
- Drinks
- Exercise

Day
4

- Beans
- Berries
- Other Fruits
- Cruciferous Vegetables
- Greens
- Other Vegetables
- Flaxseeds
- Nuts & Seeds
- Spices
- Whole Grains
- Drinks
- Exercise

Day
5

- Beans
- Berries
- Other Fruits
- Cruciferous Vegetables
- Greens
- Other Vegetables
- Flaxseeds
- Nuts & Seeds
- Spices
- Whole Grains
- Drinks
- Exercise

Day
6

- Beans
- Berries
- Other Fruits
- Cruciferous Vegetables
- Greens
- Other Vegetables
- Flaxseeds
- Nuts & Seeds
- Spices
- Whole Grains
- Drinks
- Exercise

Day
7

- Beans
- Berries
- Other Fruits
- Cruciferous Vegetables
- Greens
- Other Vegetables
- Flaxseeds
- Nuts & Seeds
- Spices
- Whole Grains
- Drinks
- Exercise

Example day



Breakfast

Toast with marmite, avocado and tomato.

Lunch

Hummus, spinach, grated carrot and red pepper sandwich, or as a salad with quinoa.

Dinner

Bowl with brown rice, tofu, roasted sweet potato, kale, broccoli and black beans – flavour with ginger, garlic, soy, chili, turmeric and sesame.

Snacks

Frozen berry and banana smoothie, with tablespoon of flax and chia seed. Nuts/nuts and fruit mix.