

	<i>Holistic Calorie Ratio Pyramid</i>		<b>DETOX MEAL PLAN - Plant based Clean Meal plan</b>		77 Veggie Catering Approved Meals
	Carbs per day - 84 gms		Avoid drinking water after meals		Avoid drinking water immediately after meals
	Sodium Per day - 1100 milligrams per day		<i>Meals prepared in Olive oils and Himalayan Salts</i>		<a href="mailto:fred@77vegie.com">fred@77vegie.com</a>
	Good Fats - 50gms a day//Sat. fats- 3gms		Gluten Free, Vegan are Anti-inflammatory foods (Works 100%)		<a href="#">combination of RAW AND PAR COOKED FOODS KEEPS HEALTHY PROTEINS IN BODY</a>
	Estimated Glycemic Load - 60 / per day		Veggie based vitamins are absorbed faster in body		Organic items used ( no artificial preservatives )
	Proteins Per day - 100-120gms		AS PER NUTRITIONIST EMAIL		<a href="#">1000-2000 recipes to go</a>

### 3 Main Meals with 3 Detox Juice - Pure Plant Based and Chemical Free (organic used)

Day	Sip of water is called water therapy	Good carbs High protein Breakfast// Juice - (20 gms) of carbs	Calorie	Quick Healthy Lunch(01.30pm) + Snack(11.30am) - 15g Carbs	Calorie	Dining Lite Designer(7pm) + Snack(3pm)10 g carbs	Calorie
Timings		8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 1	Sunday	DETOX - Natural Gut Cleaning Smoothie-Romaine leaves,Avacado,Coconut milk,Collagen(helping gut) good bacteria Detox Flax seed, lemon based smoothie		AM DETOX - Kiwi Apple Juice		DINNER - Clean eating vitamin B12, Vitamin D boosted with Vegan Cheese, Mushroom,parsley,White Pea based Meatless Salisbury CUBES sauteed in lemon grass WALNUT PESTO SAUCE (no soy) served with Organic Brown rice ( just 2 spoons to relish your meal)	
		BREAKFAST - christmas special -Alkaline high protein boost - Basic Carrot cake overnight oats blended in almond milk, dates,cinnamon, SAFFRON, Raisins ( Energise your self with these magic ingredients of nuts)		LUNCH - 5 Layer Budha Bowl ,with Exotic 8 Veggies minced into Lentil (brownish color) + Quinoa protein Porridge served with Asparagus,Babycorn,cherry tomatoes and Green snow pea( veggie) Fuel to your Body (Hot mezza reheated)		PM DETOX - Simple celery tonic loaded with vitamins to balance chemicals in body	
Timings		8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 2	Monday	BREAKFAST - Muscle Power Booster + Glowing Skin + Higher thinking power - Gluten Free Green Filafel Spinach, Flax seeds, Sesame seeds, Avacado, Tofu, lettuce, Rainbow Green Vegan Wrap( gluten free flour use) ( NO whites or any other flour used)		Lunch - All time delicious favourite....3 layer Exotic Broccoli , Cauliflower,Brussel sprouts,spinach Caserole + served with VEGAN veggie bean Kabab balls in lovely thick Tomatobasil sauce served on top of grilled peppers		Dinner- Clean low carb meal - Two Layer low carb clean meal with AMAZING VEGAN CHEESY TACO SKILLET ( with no breads at all) made from mushrooms,peppers,tomatoes,beetroots,pickled jalapenos,salsa,squash,molly,spring onions in mexican sauce served with Spinach based Red Rice Noodles ( Low carb no sugars )	
		Detox Juice - Antioxidants Kale,Watercress,Melon,Ginger,lemon Cold pressed Nutrient Juicing - see those energy levels back		AM DETOX- infused Detox rose water		PM DETOX - Carrot melon juice	
Timings		8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 3	Tuesday	BREAKFAST- Gluten free Vegan Orange Berry Pancake dipped with Vegan purple berry sugarless crême layered with Pepitta seeds (healthy foods can be cooked smartly without junk ingredients) ( no yeast no sugars added) ( Gluten free almond flour and almond milk used)		LUNCH - Delicious Vegan Chickpea flour Omelete stuffed with Aubergine tomato zuchinni stuffing + cabbage Potato mock salad sauteed in light spring onions and apple cidar (yummy combi)		DETOX DINNER - SUMMER Gratin PUMKIN SQUASH SPINACH PARSLEY PEANUT CASEROLE (almond milk based) + STEAMED BROCCOLLI Leeks, mustard, nutmeg,tapioca flour.(gluten free) served with Spinach tomato Chickpea salsa	
		DETOX juice -Melt those fats with Celery, Ginger, Turmeric, Orange Tonic ( Build your metabolism with these and see the difference)		AM DETOX- - Vegan protein shake - Flax seed, Sunflower seed, sesame seed powder, Strawberry, Banana, Chia (highest protein Vegan) Almond based Shake		PM DETOX - Organic Garden in your hand...Green time - Immune booster ( All green veggies + Flax seed Powder, Sesame powder)	
Timings		8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 4	Wednesday	DETOX - Morning Joe Detox with Mango, flax seed, Rasperry, Sesame seed, Coconut flour, rose petal based smoothie (Almond milk based) ( No sugars just natural )		AM DETOX - orange mint strawberry tonic juice		PM DETOX-Spinach Lime, ginger, honey detox	
		BREAKFAST - All time favourite the Spinach, Tempeh, Mexican based Vegan cheese Quesadilas (made with Gluten free flour, flax seed, parsley, ginger,tangybase ) ( HIGH protein)		LUNCH- Vitamin B6,B5,B12 boosted foods - Lentil Carrot Caserole served with 8 Assorted veggies + Quinoa Cabbage stir fry + Spicy Thai Sweet potato Noodles( NO CARBS) (all prepared in Organic olive oil)		Dinner -3 layer Vegan Bean meatless brown quinoa balls served with OAT savoury green beans Porridge + Cabbage veggie stir fry rice. (light on stomach high in fibre)	
Timings		8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 6	Thursday	Breakfast - HIGH Fibre VEGAN rich Mushroom asparagus quiche lovely blended well to create a wedding pie		LUNCH - Simple Brown Tangy Coucous Amaranath served with Golden gown drizzling sizzler served with Potato cubes marinated in herbs		Dinner -VEGAN Veggie Kofta tossed in freshly cut veggiesserved with cabbage carrot rice served with Mushroom peanut sauce ( dip on side)	
		DETOX - VEGAN Glow your skin...Coffee banana Almond milk Sesame seed skinny smoothie		AM DETOX- KIWI LIME MINT		Pm DETOX - GREEN TEA JUICE INFUSED WITH CHUNKS OF FRUITS	