

		<u>Holistic Calorie Ratio Pyramid</u>		<b>DEMO - 3 Main Meals + 3 Detox juice</b>		77 Veggie Boutique Approved Meals
		Carbs per day - 25 gms		Avoid drinking water after meals		Avoid drinking water immediately after meals
		Sodium Per day - 1100 miligrams per day		<i>Meals prepared in Olive oils and Himalayan Salts</i>		<a href="mailto:mary@77veggie.com">mary@77veggie.com</a>
		Good Fats - 70gms a day//Sat. fats- 3gms		Gluten Free, Vegan are Anti-inflammatory foods (Works 100%)		<u>Organic products used to keep your immune sysytem and metabolism stronger towards losing weight</u>
		Estimated Glycemic Load - 60 / per day		Veggie based vitamins are absorbed faster in body		
		Proteins Per day - 100-110gms		Demo - Detox Juicing		<u>nutritionist will decide your Macros</u>
<b>Days</b>	<b>Give your body happy foods</b>	<b>Good carbs High protein Breakfast//Juice - 8gms of carbs</b>	<b>Calorie</b>	<b>Quick Healthy Lunch(01.30pm) + DETOX JUICE (11.30am) - 10gm Carbs</b>	<b>Calorie</b>	<b>Dining Lite Designer(7pm) + DETOX JUICE (3pm)7 g carbs</b>
	<b>Timings</b>	<b>8.30am //10am/////</b>		<b>12.30noon //11.30am/////3pm/////</b>		<b>07pm//post sips of green tea</b>
<b>Day 1</b>	<b>Sunday</b>	Detox- Loads of Antioxidants holding Rose water,Berries,Lemon juice,Flax seed... Detoxyfing antioxidants		Lunch - Get those smiles on face by having your high fibre, Vitamin D, High proteins with your gluten free veggie beans buritto flax seed wrap (super duper yummy)		Dinner - Keep life happy with simple dinners- Gluten free Red Rice noodles sauteed in lovely thai peanut sauce, fresh ginger, Spring onions, Parsley served with Molly Cabbage Gnocchi
		Breakfast - Alkaline, High protein based Vegan Chickpea flour Frittatta served with Grated Hash Brown Tomato style Caserole + Sun dried tomatoes & Avacado Sauce (Vitamin B6)		DETOX JUICE -Filtering your system with Flax seeds, Very Berry Vanilla Banana Smoothie		DETOX - Before 4pm -Celery Tonic, ginger,orange,Asparagus green boost
	<b>Timings</b>	<b>8.30am //10am/////</b>		<b>12.30noon //11.30am/////3pm/////</b>		<b>07pm//post sips of green tea</b>
<b>Day 2</b>	<b>Monday</b>	Graceful Overnight RASPBERRY DARK CHOCOLATE CHIP CHIA Oats in almond milk topped with CHUNKEY MONKEY BANANA Pistachio coconut( Green Color)		Lunch...Lahenga Tangy, Low GI, High folate, Potassium based, garlic brown rice served with Spanish style Tamari based Lentil Stew ( proteins and iron rich) loaded with Corn mushroom Chowder		Dinner -Two layer Fibre filled, Protein packed Gluten free Vegan Sheet Pan Crispy Teriyaki Tofu, Broccoli, chickpea served with Quinao Stuffed peppers
		The pink Healer - Body cleanser by Strawberry Watermelon Detox juice mixed into Flax seed powder giving it that protein push in the morning		Detox - AM - Love thy greens...Immune booster boosted with beetroot, flax seed, hemp seed...Glowing healthy face start		Detox - Fruit infused transparent rose water with pieces of variety of fruit piece basket
	<b>Timings</b>	<b>8.30am //10am/////</b>		<b>12.30noon //11.30am/////3pm/////</b>		<b>07pm//post sips of green tea</b>
<b>Day 3</b>	<b>Tuesday</b>	Low in Carbs- Breakfast -Rainbow Beetroot based Sheperd Pie made with Lentil, Tomato, Cauliflower Alfredo sauce served with a Mini Panini gluten free sesame Panini Avacado bread		DETOX -Colon Cleanser...The feeling is great..must try this detox..Cilantro,Ginger,beetroot,carrot, spinach		Dinner -7 layer mason jar, nut based, topped with special Vegan gluten free Mayonnaise..good fats to enjoy at dinner time
		Detox Cleanser - with Lemon, Mint,coconut water drenched in cucumber pieces		Golden Gown Sizzler steamed in 10 veggies served with lovely thai vegan creamy sauce served with gluten free tacos		Detox -Lemon grass,Berry Antioxidant fresh juice
	<b>Timings</b>	<b>8.30am //10am/////</b>		<b>12.30noon //11.30am/////3pm/////</b>		<b>07pm//post sips of green tea</b>
<b>Day 4</b>	<b>Wednesday</b>	Detox juice -Celery Tonic,orange,Asparagus green boost		LUNCH -Flax, hemp,pumpkin seed based Tortellini (gluten free pasta ) served with Pesto, Roasted veggies in a lovely BUDHA BOWL		Dinner -Gluten free, Vegan, Hemp seed based GREEN COLOR ( SPINACH WATER) SPINACH based Veggie Kofta, Tofu, Parsley, Ranch dressing (mustard based) Thin Wrap.
		Breakfast - Apple, Cranberry, kiwi Gluten free pan cakes, no yeast, freshly prepared to keep you moving longer( oat based) ( gluten free vegan)		Detox - Green Based alkaline smoothie to detox your day ..the best u can have for cleansing		Detox - end you juicing - Strawberry,chia,banana Smoothie
	<b>Timings</b>	<b>8.30am //10am/////</b>		<b>12.30noon //11.30am/////3pm/////</b>		<b>07pm//post sips of green tea</b>
<b>Day 5</b>	<b>Thursday</b>	Detox juice -Green tea, ginger,honey based cold juice..time to detox again		Detox - Lemon,Orange, mint with hemp seeds giingv a strong feeling		Detox - Pomegranate strained cleanser ...kidneys will say thank you
		Breakfast - Aubergines,zucchini tomato flax , hemp seeds high protein Chick pea flour Mufellatas ( Vegan) (omelete)		Lunch -Gluten Free Vegan Rainbow Veggie Italiano Pizza (made from Grain free and Carbs (low in carbs) (vegan style )		Dinner - 2 layer Baked Gluten free colorful spinach Ravioli Pasta topped with Alfredo tomato sauce served with Italian style cabbage carrot rice ( 4gms carbs)
	<b>Timings</b>	<b>8.30am //10am/////</b>		<b>12.30noon //11.30am/////3pm/////</b>		<b>07pm//post sips of green tea</b>
<b>Day 6</b>	<b>Friday</b>	Pinacolada( Strawberries , blue berries Laban)...clearing those hidden fats in body		Infused Detox cleanser - Blended in coconut water. With Lemon,orange and berry pieces		Protein black beans enchiladas with Cilantro Avacodo Topping..served on side but to had on top of enchiladas
		Simple Italian tomato tofu sandwich		Gluten free detox protein Wrap with marinated Tofu,avacado,Cilantro,Mint,Garlic rolled in Oregono italian Dressing		Detox - Glow your skin...Fresh Peach Flax seed smoothie
	<b>Timings</b>	<b>8.30am //10am/////</b>		<b>12.30noon //11.30am/////3pm/////</b>		<b>07pm//post sips of green tea</b>
<b>Day 7</b>	<b>Saturday</b>	Glow your skin...Fresh Peach Flax seed smoothie		3 base lentils combined in tomato sauce and poppy seeds..in a spicy ginger sauce( coconut curry thai style)		Detox -Simple beetroot, orange,carrot,ginger ...boosting those metabolism to churn
		Protein rich Mushroom asparagus Quiche lovely blended well to create a wedding pie		DETOX -Strawberry , Nuts(proteins) (chia)Smoothie in a light Almond milk style- your body doing great with this healing drink		Veggie Kofta Wrap tossed in freshly cut veggies ( dip on side)