

4 Day Fix Plan

This is your quick fix plan to get you back on track if you have lost the plot food and drink wise!

Vegetarians replace meats & fish & dairy with other vegetarian options

If breast feeding only use Go Nutrition 100% natural protein range

DAY 1:

BREAKFAST

- Green tea (plain, vanilla, lemon or mint) or black coffee or hot water and fresh lemon
- 50g multigrain cheerios/corn flakes/oatabix/all bran/alpen original muesli/FUEL 10k granola with unsweetened rice/oat/almond or coconut milk
- At least ¼ litre of filtered/bottled water

MID MORNING

- At least ½ litre of filtered/bottled water and green tea or hot lemon

LUNCH

- Green tea or black coffee
- 120g tuna or salmon or mackerel or cod
- 100g Mexican style mixed beans or any bean (except baked)
- Small handful of raw spinach or rocket leaves
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ¼ litre of filtered/bottled water and green tea or hot lemon
- Small golden delicious apple & small handful of nuts (6-9 max)

DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 5-6 cherry tomatoes
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ½ litre of filtered/bottled water

DAY 2:

BREAKFAST

- Green tea or black coffee or hot lemon
- Half a large banana (peel, slice and wrap the other half in tin foil – leave in freezer)
- 1 slice of wholemeal bread/toast or x2 slices if wheat/gluten free
- 1 large or 2 small eggs poached/scrambled/fried (only in coconut oil)/boiled/French toast
- At least ¼ litre of filtered/bottled water

MID MORNING

- At least ½ litre of filtered/bottled water and green tea or hot lemon

LUNCH

- Green tea or hot water
- 120g full fat cottage cheese/quark/Grahams Protein 22/Nestles Lindahls Kvarg/0% Greek yogurt
- 10 Goji berries
- 5 squares of saltine crackers – dorianos or delsa (last resort use low fat cream crackers)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ½ litre of filtered/bottled water and green tea or hot lemon

DINNER

- 120g cold turkey or chicken
- 100g broccoli
- 50g any other vegetable (except white potatoes)
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water
- Dessert - Half frozen sliced banana (look in your freezer) & 2 large tbsl 'Fage Total 0%' Greek yogurt

MID EVENING

- At least ½ litre of filtered/bottled water

DAY 3:

BREAKFAST (fasted morning)

- Green tea or black coffee or hot lemon
- At least ¼ litre of filtered/bottled water

MID MORNING

- Green tea or black coffee or hot lemon
- At least ¼ litre of filtered/bottled water

LUNCH

- Green tea
- 120g full fat cottage cheese/quark/Grahams Protein 22/Nestles Lindahls Kvarg
- Small golden delicious apple
- 5 squares saltine crackers
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- At least ¼ litre of filtered/bottled water
- ¼ small honeydew melon & 2 large tbls 0% Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg

DINNER

- 120g tuna or salmon or mackerel
- 100g broccoli
- 100g cauliflower
- 40g low fat hummus or ½ tsp pesto
- At least ¼ litre of filtered/bottled water

MID EVENING

- At least ½ litre of filtered/bottled water



DAY 4: Cleanse Day

BREAKFAST

- 30-40g Rolled oats (porridge - gluten free is the best and will not bloat you - see Go Nutrition) mixed with: Water or oatabix with rice/oat/almond or coconut milk

If choosing oats you can add any or all of the following...

- Cinnamon
- Pinch of sea salt
- 1/2 teaspoon of coconut oil
- Psyllium and/or wheat germ (small tbsp. of each)
- Shot of protein powder 8-10g (only use vanilla here)
- Drizzle with oat/coconut/rice/almond milk
- At least ¼ litre of filtered/bottled water and green tea or black coffee or hot lemon

MID MORNING

- Protein (max 18g protein) smoothie mixed 1 handful fruit (apple, pineapple or melon) & 200ml coconut water
- At least ½ litre of filtered/bottled water

LUNCH

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables (except white potatoes)
- At least ¼ litre of filtered/bottled water

MID AFTERNOON

- Protein shake (min 14-18g protein) mixed with water
- Handful of vegetables (except white potatoes)
- At least ½ litre of filtered/bottled water

DINNER

- 80-100g cooked chopped chicken
- Half a tub of Glorious SkinnyLicious Thai carrot soup
- At least ¼ litre of filtered/bottled water

MID EVENING

- Handful of vegetables (except white potatoes) and 30g low fat hummus or guacamole
- At least ¼ litre of filtered/bottled water