

Meal Ideas - mix'n'match

Eggs

- Omelettes, with any combination of veggies, meats, avocado and cheese.
- Scrambled with guacamole, sour cream & salsa.
- Scrambled with a scoop of ricotta cheese and chopped tomatoes & basal.
- Boiled or poached with spinach or asparagus and a cheesy sauce - considering a little meat, e.g., bacon.

Salads

- Green leaf, meats, cheeses, eggs.
- Spinach, bacon, eggs, anchovies
- Caesar - green leaf, meat, parmesan cheese, seeds, etc.
- Basically any green leaf, adding any meat, nuts & seeds, a dash of Olive Oil and a pinch of seas salt will work.
- Dressings - Olive Oil, Vinegar, Balsamic, Apple cider, or even a heavy creamy mayo with garlic and spices etc.

Fish & Meats

- Pot roast with onions, carrots, and celery.
- Roasted chicken stuffed aniseed, celery, and carrots.
- Chilli-type dish made from fresh, chopped meat and a variety of veggies such as eggplant, onions, celery, zucchini, adding spices. Oh, no beans.
- * Steak & Eggs, add your salad/ veggies etc- no chips!
- Chicken parmigiana with mixed salad - not breaded or deep-fried.
- All Fish (is King) with any salad you can create - load up on the nuts & seeds.
- Tuna melt on a bed of broccoli & Asparagus.

Snacks

- Hard-boiled eggs.
- Throw some unprocessed meat in some lettuce adding some cheese, pepper.

- A handful of mixed seeds.
- Vegetable juice (fresh or V8).
- A handful of nuts.
- Celery & hummus.
- Guacamole with veggies.
- Leftovers.

Dining Out

- Avoid bread.
- Ask for extra veggies instead of rice or root veg.
- Use butter & add salt.
- Asian - Steamed meat, fish, or vegetables.
- Avoid all fried food.

FYI - If I were to design your 14 Day Menu, absolute, I'd keep it simple & repeatable.

Breakfast: 1-2 fried eggs in true butter, throwing in a few macadamia & cashews nuts, plating with avocado, a little feta in oil, sea salt & a drizzle of olive oil. A big glass of water with a small pinch of Himalayan pink salt and a strong black coffee. Repeat with minor day to day variations.

Lunch: Red or Pink Salmon, Onion, Tomato, chopped & mixed green leaf, sunflower seeds, and a drizzle of olive oil & vinegarett. Another black coffee and water to thirst.

Graze: Cheese, Macadamia nuts, Coconut, Seeds, Salted Water.

Dinner: Before eating I would start with a large water, then any red, pink or white meat with above the ground garden salad - varying daily. No sauces.