

recharge 23

days 1-7 (mark compliance)

recharge day	day 1	day 2	day 3	day 4	day 5	day 6	day 7
movement							
nourishing							
mind							

days 8-14

recharge day	day 1	day 2	day 3	day 4	day 5	day 6	day 7
movement							
nourishing							
mind							

some things you might need (please add to your shopping list)

MCT Oil	Haloumi	Veggies.....
Coffee	Goats cheese	Garden.....
Goats Milk	Tasty cheese	Spinach
A2 Milk	Feta	Celery
Chaga Mushroom ext	Coconut yogurt	Cucumber
Salted Macadamia	Butter, salted	Avocado
Almonds	Brown rice	Cherry tomato's
Slivered Almonds	Cooking oats	Sundried tomato's
Walnuts		Tomato's
Sunflower seeds	Salmon, Tuna	Capsicum
Pepita seeds	Red & Pink meat	Red onion
Peanuts	White meat	Mint leaves
Ginger	Eggs	Snow peas
Garlic	Broth	Lemon & Lime
Cinnamon		Radish
Chia seeds		Fennel
LSA mix		Cauliflower
Supergreens Powder		Silverbeet
		Alfa Alfa