



Tweak this menu plan according to the guidelines given for your type at http://www.ERFYPT.com/what_to_eat

	BREAKFAST	LUNCH	DINNER	SNACKS/TREATS	DRINKS
Monday	Fresh Fruit – whatever fruit you want and as much as you desire. Eat until full.	Choice of: Wholemeal sandwich filled with salad OR one cooked item with large mixed salad	Choice of: Any raw recipe/s from “main meal” section + salad OR one cooked item with ¾ plate salad.	Fresh fruit, green smoothie, raw or “healthy” snack bar (only natural ingredients), nuts and raisins, trail mix.	Pure water, green smoothies, fresh juices or any no-caffeine, non-alcoholic drinks.
Tuesday	Green Smoothie	Choice of: Wholemeal sandwich filled with salad OR one cooked item with large mixed salad	Choice of: Any raw recipe/s from “main meal” section + salad OR one cooked item with ¾ plate salad.	Fresh fruit, green smoothie, raw or “healthy” snack bar (only natural ingredients), nuts and raisins, trail mix.	Pure water, green smoothies, fresh juices or any no-caffeine, non-alcoholic drinks.
Wednesday	Fresh Fruit – whatever fruit you want and as much as you desire. Eat until full.	Choice of: Wholemeal sandwich filled with salad OR one cooked item with large mixed salad	Choice of: Any raw recipe/s from “main meal” section + salad OR one cooked item with ¾ plate salad.	Fresh fruit, green smoothie, raw or “healthy” snack bar (only natural ingredients), nuts and raisins, trail mix.	Pure water, green smoothies, fresh juices or any no-caffeine, non-alcoholic drinks.
Thursday	Green Smoothie	Choice of: Wholemeal sandwich filled with salad OR one cooked item with large mixed salad	Choice of: Any raw recipe/s from “main meal” section + salad OR one cooked item with ¾ plate salad.	Fresh fruit, green smoothie, raw or “healthy” snack bar (only natural ingredients), nuts and raisins, trail mix.	Pure water, green smoothies, fresh juices or any no-caffeine, non-alcoholic drinks.
Friday	Fresh Fruit – whatever fruit you want and as much as you desire. Eat until full.	Choice of: Wholemeal sandwich filled with salad OR one cooked item with large mixed salad	Choice of: Any raw recipe/s from “main meal” section + salad OR one cooked item with ¾ plate salad.	Fresh fruit, green smoothie, raw or “healthy” snack bar (only natural ingredients), nuts and raisins, trail mix.	Pure water, green smoothies, fresh juices or any no-caffeine, non-alcoholic drinks.
Saturday	Green Smoothie	A large salad meal of your choice containing up to 8 different well-combined raw ingredients	More fresh fruit or unlimited green smoothie.	More fresh fruit or unlimited green smoothie.	Pure water, green smoothies, fresh juices or any no-caffeine, non-alcoholic drinks.
Sunday	Fresh Fruit – whatever fruit you want and as much as you desire. Eat until full.	Free rein today! (But do your best ☺)	A light supper of your choosing but, with at least ¾ of it raw.	Fresh fruit or unlimited green smoothie.	Pure water, green smoothies, fresh juices or any no-caffeine, non-alcoholic drinks.