

IrieDiva's 7 Day Meal Plan for Weight Loss and Detox

Day 1

Breakfast: Green smoothie: callaloo, lettuce, cucumber, pineapple (frozen) flax seeds, orange (fresh squeezed or bottled no sugar added) blend leaves in liquid first then add fruit and cucumber and flax seeds.

Mid-morning snack - 1 apple and handful of raw nuts

Lunch - Baked Chicken with string beans, carrots, one piece of sweet potato. Two slices avocado.

Mid-afternoon - One cup green tea, one fruit

Dinner - Curried chick peas with pumpkin, broccoli and one piece yam.

Day 2

Breakfast - ½ cup oatmeal in skimmed or almond milk. One banana.

Mid-morning snack - Tuna with avocado slices and tomato. Green tea.

Lunch - Saltfish and cabbage with cho cho, turnip and boiled ripe plantain. Two slices avocado

Mid-afternoon - one cup plain yogurt or plain greek yogurt with chopped fruit. sprinkle with cinnamon

Dinner - 16 bean stew with fresh salad (lettuce, tomato, shredded carrot, chopped beetroot, dressed with salt and pepper vinaigrette)

Day 3

Breakfast - 2 egg scrambled with tomatoes and bell pepper. Melon and assorted fruit

Mid-morning snack - Carrot and celery sticks with hummus or all-natural peanut butter

Lunch - Chicken stir-fry - chicken breast stir fried with pak choy, string beans and carrots. One piece sweet potato or breadfruit, roasted but not fried.

Mid-afternoon snack - watermelon and grapefruit

Dinner - Baked/roast/steam fish, roasted cauliflower and beetroot

Day 4

Breakfast - Green smoothie - 1 frozen banana, callaloo, spinach, grapefruit juice, flax seeds

Mid-morning snack - 2 hard boiled eggs

Lunch - Pumpkin soup

mid-afternoon - sardine and pear. Green tea.

Dinner - Brown rice and stew peas

Day 5

Breakfast - oatmeal

Mid-morning snack - fruit and nuts, one handful only. Green tea.

Lunch - red peas chilli with sweet pepper, carrot, broccoli and one piece yam

Mid-afternoon - green tea and apple

Dinner - Veggie quesadilla - one whole wheat wrap cut in half. top one half with black beans, tomato, sweet pepper, sprinkling of cheese, warm in pan or in microwave covered with other half of wrap. serve with side salad

Day 6

Breakfast - green smoothie - kale, spinach, orange juice, frozen banana, flaxseeds

Mid-morning snack - tuna and green peas with tomato

Lunch - Lentil stew with beetroot and cauliflower

Mid-afternoon Green tea and fruit

Dinner - Fresh salad topped with grilled or baked chicken breast

Day 7

Breakfast - cabbage and saltfish with boiled banana

Mid-morning - green tea and fruit

Lunch - jerk chicken with steamed vegetables

Mid-afternoon - fruit and nuts

Dinner - Fresh salad topped with beans