

Rob's Week

Yes Chef! Cleanse

Day	✓	Time	Meal	Instructions	Exercise & Wellness
Monday	<input type="checkbox"/>	Breakfast	Pistachio, passion fruit & strawberry pot	Just eat.	<p>Exercise Start the week with 45 mins of cardiovascular exercise.</p> <p>Wellness Start thinking about other aspects of your life and what you would like detox from, such as:</p> <ul style="list-style-type: none"> - Social media - Friendships that drain you - A job you don't like - Toxic relationships <p>Find solutions for changing this while you are really focusing on you. Think about how you can be your best self and remember that your relationships in life are a reflection of how you see yourself.</p> <p>Plan an outing on Saturday afternoon doing something that you love.</p> <p>Plan your exercise session that is something new and fun to do.</p> <p>Health Tip - Pistachio nuts are excellent for lowering blood pressure and keeping cholesterol in check.</p>
	<input type="checkbox"/>	Morning Tea	Kale chips & pepitas	Just eat.	
	<input type="checkbox"/>	Lunch	Ramen with kohlrabi noodle & boiled egg	<p>Microwave broth in its container for 2 mins on high.</p> <p>Transfer cabbage, kohlrabi noodles and egg to a serving bowl and pour over the heated broth.</p> <p>Microwave for a further min, or until heated to your liking.</p> <p>To finish, top with beansprouts and aromatics.</p>	
	<input type="checkbox"/>	Afternoon Snack	Nectarine & blackberries	Just eat.	
	<input type="checkbox"/>	Dinner	Sarah's ginger & almond barramundi, wilted Asian greens	<p>Preheat oven to 200°C.</p> <p>Transfer barramundi to a pizza tray and bake for 10 mins.</p> <p>Remove chilli and coriander.</p> <p>Whilst barramundi is cooking wilt the Asian greens down by placing them in a sauce pan with a 1/4 cup of water, gently simmer until they are a little wilted.</p> <p>Plate up the veg, place fish on top. Pour sauce over and garnish with almonds, chilli and coriander.</p>	
Tuesday	<input type="checkbox"/>	Breakfast	Broccoli sprout, dino kale, green apple, honeydew melon smoothie, Greek yoghurt	Add 1 cup ice and blend.	<p>Exercise 45 mins of cardio plus a short weight session.</p> <p>Wellness Start thinking about other aspects of your life and what you would like detox Have a think about your old diet before the cleanse and changes you may like to make after the cleanse to continue on your journey to being your best self.</p> <p>Enjoy an Epsom salts bath after your two days of exercise.</p> <p>Health Tip - Broccoli is a superfood, full of fibre that is great for our digestive system plus a good source of Vitamin K, Vitamin C and protein.</p>
	<input type="checkbox"/>	Morning Tea	Fermented vegetables	Just eat.	
	<input type="checkbox"/>	Lunch	Grilled tuna, green beans with pesto, boiled egg, & hazelnut dukkha	Sprinkle over dukkah.	
	<input type="checkbox"/>	Afternoon Snack	Strawberry & 100% dark chocolate	Just eat.	
	<input type="checkbox"/>	Dinner	Baked snapper fillet, tomato & garlic chive salsa, broccoli	<p>Preheat oven to 250°C.</p> <p>Transfer snapper to a small pizza tray and bake it for 8-10 mins.</p> <p>Whilst snapper is cooking bring a small pan of water to the boil and cook the broccolini for 1 min.</p> <p>Plate up and enjoy with the salsa.</p>	
Wednesday	<input type="checkbox"/>	Breakfast	Activated cashew nut, maple & autumn berry smoothie	Add 1 cup ice and blend.	<p>Exercise Rest day - go for a long, peaceful walk.</p> <p>Wellness Have a think about stress in your life. Stress has a massive impact on health, especially our heart. Look at some solutions to managing stress that will work for you. Remember to be kind to yourself when stressed.</p> <p>Health Tip - Kiwifruit is fantastic for bowel health plus an excellent source of Vitamin C.</p>
	<input type="checkbox"/>	Morning Tea	Seeded crackers	Just eat.	
	<input type="checkbox"/>	Lunch	Shaved vegetable salad, haloumi and pumpkin seed salad, lemon and honey dressing	<p>Mix dressing and seeds with salad and let it sit for 5 mins.</p> <p>Microwave the haloumi for 40 secs.</p>	
	<input type="checkbox"/>	Afternoon Snack	Kiwifruit & blueberries	Just eat.	
	<input type="checkbox"/>	Dinner	Poached chicken, tomato, turmeric & preserved lemon broth, zucchini noodles	<p>Preheat oven to 180°C.</p> <p>Bake chicken for 15 mins.</p> <p>Whilst chicken is cooking heat the broth up in a small saucepan and add zucchini and simmer for 1 min and pour into a bowl.</p> <p>Top with chicken and garnish with the baby parsley.</p>	

Thursday	<input type="checkbox"/>	Breakfast	Zucchini & sundried tomato frittata, roast tomato	Preheat oven to 170°C. Bake frittata and tomato in its current container with the lid on for 18 mins, or microwave in container with the lid off for 2 mins on high. To plate up, dress your salad.	Exercise 45 mins of cardio. Consider something different from what you have done earlier in the week.
	<input type="checkbox"/>	Morning Tea	Vegetable sticks & nut butter	Dip vegetables in nut butter.	Wellness Have a think about your relationship with food. Do you comfort, boredom or stress eat? If so, remember this – we need to treat ourselves like we treat our friends - with love and care. So become your own best friend.
	<input type="checkbox"/>	Lunch	Fijian trevalla ceviche, coconut, lime, chilli, coriander & tomato	Mix coconut cream and lime juice to dress your salad with. Season to taste.	Health Tip – Figs are great for digestive health, heart health, bone health and weight management. They are also delicious!
	<input type="checkbox"/>	Afternoon Snack	Fig & rockmelon	Just eat.	
	<input type="checkbox"/>	Dinner	Sauté sugar loaf cabbage, heirloom carrot, poached chicken & salsa verde	Bake container with the lid on for 20 mins. Check that the heat is to your liking, plate up the veggies, place the chicken on top. Squeeze lemon into the salsa verde and spoon over the top.	
Friday	<input type="checkbox"/>	Breakfast	Chia, coconut & raspberry pot	Just eat.	Exercise 45 mins of cardio plus a weights session.
	<input type="checkbox"/>	Morning Tea	8 mins egg with celery salt & sesame seeds	Sprinkle celery salt and sesame on top of the egg.	Wellness Take an Epsom salts bath tonight after training hard for two days.
	<input type="checkbox"/>	Lunch	Minestrone soup with Tuscan cabbage & pumpkin seed pesto, turkey dumplings	Microwave on full power for 2 mins with the lid on. Give it a little stir. Check heat is to liking, or heat for a further minute.	Think about having a sleep in on Saturday morning, you are coming close to the end of your cleanse.
	<input type="checkbox"/>	Afternoon Snack	Kiwifruit	Just eat.	Think about the food preparation you may want to do on Monday to keep your health journey going.
	<input type="checkbox"/>	Dinner	Haloumi, grilled capsicum & zucchini salad, chimichurri dressing	Preheat oven to 180°C. Bake the haloumi and vegetables in its current container with the lid on for 18 mins. To plate up, squeeze lemon in the chimichurri dressing and drizzle over everything.	Health Tip – Chia is a superfood, a great source of omega 3 that is anti-inflammatory and wonderful for heart health, plus a good source of fibre, calcium and protein.
Saturday	<input type="checkbox"/>	Breakfast	Sarah's antioxidant smoothie with yoghurt	Add 1 cup of ice and blend.	Exercise What you picked to do on Monday.
	<input type="checkbox"/>	Morning Tea	Harissa roast almonds	Just eat.	Wellness Schedule an afternoon activity that you have wanted to do for ages, such as visiting friends you love, going for a country drive, having a massage, or going for a bush walk.
	<input type="checkbox"/>	Lunch	Black pepper tofu buddha bowl, miso dressing	Dress salad.	Health Tip – Tofu is wonderful as a lean and versatile protein. It's anti-inflammatory, and contains antioxidants, as well as iron and magnesium.
	<input type="checkbox"/>	Afternoon Snack	Blueberries & blackberries	Just eat.	
	<input type="checkbox"/>	Dinner	Grilled chicken thigh, mushrooms, tomato ragu, cauliflower rice with Tuscan cabbage	Preheat oven to 180°C. Bake chicken ragu for 22 mins with the lid on, after 10 mins add the cauliflower rice. Check it's hot.	
Sunday	<input type="checkbox"/>	Breakfast	Asparagus & ricotta frittata	Preheat oven to 170°C. Bake frittata in its current container with the lid on for 18 mins, or microwave in its container with the lid off for 2 mins on high.	Exercise Congratulations! You've reached the end of your cleanse.
	<input type="checkbox"/>	Morning Tea	Seeded crackers	Just eat.	Wellness Reflect on all your achievement over the past 2 weeks such as no alcohol, weight loss, self care, healthy diet, time for you, better sleep and more energy.
	<input type="checkbox"/>	Lunch	Shredded turkey breast, pickles & roast cauliflower	Just eat.	This is an important time to reassess and set goals moving forward in life.
	<input type="checkbox"/>	Afternoon Snack	Freeze-dried raspberry and 99% dark chocolate	Just eat.	Health Tip – Turkey is rich in protein, low in fat, a good source of B vitamins and linked to supporting heart health. It also contains tryptophan, that helps you feel relaxed.
	<input type="checkbox"/>	Dinner	Chicken thigh slow cooked in a bone broth, leek, warrigal greens, capsicum & confit garlic	Preheat oven to 180°C. Bake chicken broth for 25 mins. Just before the broth is ready blanch the warrigal greens in boiling water for 30 secs. Add the greens to your bowl and then pour over the broth. Tip: squeeze confit garlic out the skin and mash it in to the broth.	