

RESTART

LIVE
WELL



BREAKFAST

LUNCH

DINNER

WATER

Monday

Green Smoothie

Cauliflower Soup

Chicken & Broccoli

Aim to drink at least 2 litres of water



Tuesday

Paleo Cereal

Tuna Salad

Turkey Burgers

Aim to drink at least 2 litres of water



Wednesday

No Oatmeal Porridge

Pesto Chicken Salad

Pepper Steak

Aim to drink at least 2 litres of water



Thursday

Egg Muffins

Cauliflower Fritters

Beef Burgers

Aim to drink at least 2 litres of water



Friday

Stuffed Breakfast Peppers

Strawberry & Goat's Cheese Salad

Fish & Roasted Vegetables

Aim to drink at least 2 litres of water



Saturday

Baked Eggs with Asparagus

Chicken Soup

Mediterranean Chicken

Aim to drink at least 2 litres of water



Sunday

Scrambled Egg & Avocado


Chicken & Bacon Salad

Chicken Fried Rice


Aim to drink at least 2 litres of water




TOP
TIPS

1.  Each day start with half a lemon squeezed in to warm water.

2.  Each main meal you should pick a protein, healthy fats source and vegetables or salads

3.  Meal planner is a guide line you can mix and match to suit your taste

4.  Leftover dinners can be used for lunch next day.

FOR MORE INFORMATION VISIT [CENTRA.IE/RESTART](https://centra.ie/restart)

CENTRA.IE
  