



Day 8	Saturday, 3 June 2017	
Breakfast	<p>Omelette 2 Eggs 1 Banana 1Tsp Butter Melt butter in pan. Add eggs and Chopped banana.</p> <p>2 Glasses of Water 1 Cup of Strawberries 100g Full Cream Guava Yogurt</p>	


Day 9	Sunday, 4 June 2017	
Breakfast	<p>Oats $\frac{1}{2}$ Cup Oats $\frac{1}{2}$ Cup Milk 1Tsp Melted Butter 1 Tsp Honey</p> <p>2 x Glasses Water</p> <p>1 Banana $\frac{1}{2}$ Cup Strawberries Full Cream Strawberry Yogurt</p>	

Day 10	Monday, 5 June 2017	
Breakfast	<p>1 Slice Low Gi Bread 1 Tablespoon Crunchy Peanut Butter</p> <p>2 x Glasses Water</p> <p>Smoothie $\frac{1}{2}$ Cup Raspberries 1 Banana 1 Tsp Honey 1 Cup Milk</p>	

Day 11	Tuesday, 6 June 2017	
Breakfast	<p>1 Banana Cut $\frac{1}{2}$ Cup Double Thick Yogurt 4 Strawberries Cut 1 Tablespoon Chia Seeds 1 Tsp Honey</p> <p>2 x Glasses Water</p>	

Day 12	Wednesday, 7 June 2017	
Breakfast	<p>4 Strawberries Cut $\frac{1}{2}$ Cup Papaya 1 Tablespoon Health Seeds $\frac{1}{2}$ Cup Double Thick Yogurt</p> <p>2 x Glasses Water</p>	

Day 13	Thursday, 8 June 2017	
Breakfast	<p>4 Strawberries Cut $\frac{1}{2}$ Cup Papaya 2 Tablespoons Health Seeds $\frac{1}{2}$ Cup Double Thick Yogurt Handful Cashew Nuts 1 Granadilla</p> <p>2 x Glasses Water</p>	

Day 14	Friday, 9 June 2017	
Breakfast	<p>2 Slices Of Low Gi Bread $\frac{1}{2}$ Avo Salt and Pepper 1 Orange cut into Wedges</p> <p>2 Glasses of Water</p> <p>100g Full Cream Raspberry Yogurt</p>	

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