




Day 15	Saturday, 10 June 2017	
Breakfast	<p>2 Scrambled Eggs 1 Orange 1 Cup Strawberries 2 Slices of Low Gi Bread</p> <p>2 Glasses of Water</p>	


Day 16	Sunday, 11 June 2017	
Breakfast	<p>1 Cup of Chopped Papaya 1 Granadilla Pulp 100g Raspberry Full Cream Yogurt ½ Cup Double Thick Yougurt</p> <p>2 x Glasses Water</p>	

Day 17	Monday, 12 June 2017	
Breakfast	<p>1 Slice Low Gi Bread Avo Salt and Pepper</p> <p>2 x Glasses Water</p> <p>Smoothie ¾ Cup Double Thick Yogurt ½ Cup Papaya 1 Banana Mint Leaves</p>	

Day 18	Tuesday, 13 June 2017	
Breakfast	1 Orange Cut 2 Slices Low Gi Bread Avo Micro Leaf Basil Salt and Pepper 2 x Glasses Water	

Day 19	Wednesday, 14 June 2017	
Breakfast	1 Banana 1 Granadilla Pulp $\frac{3}{4}$ Cup Double Thick Yogurt Edible Flowers 2 x Glasses Water	

Day 20	Thursday, 15 June 2017	
Breakfast	Smoothie $\frac{1}{2}$ Cup Blueberries $\frac{1}{2}$ Cup Double Thick Yogurt 1 Cup Milk 1 Tsp Peanut Butter 1 Banana Edible Flowers 2 x Glasses Water	

Day 21	Friday, 16 June 2017	
Breakfast	2 Slices Of Low Gi Bread 1 Kiwi Cut 2 Eggs Scrambled Handful of Micro Leaf Basil 2 Glasses of Water	

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