



Day 22	Saturday, 17 June 2017	
Breakfast	<p>Omelette</p> <p>2 Eggs</p> <p>1 Banana</p> <p>$\frac{1}{4}$ Cup of Cheese</p> <p>1Tsp Butter</p> <p>Melt butter in pan. Add eggs, Chopped banana and cheese.</p> <p>Top with Micro Leaf Basil</p> <p>2 Glasses of Water</p>	

Day 23	Sunday, 18 June 2017	
Breakfast	<p>Smoothie Bowl</p> <p>$\frac{1}{2}$ Cup Raspberries</p> <p>1 Banana</p> <p>$\frac{1}{2}$ Cup Double Thick Yogurt</p> <p>1 Cup Milk</p> <p>1 Tbsp Health Seeds</p> <p>1 Tbsp Crushed Raspberry</p> <p>Topped with edible Flowers</p> <p>2 x Glasses Water</p>	

Day 24	Monday, 19 June 2017	
Breakfast	<p>2 Slices of Low Gi Bread</p> <p>Avo</p> <p>1 Orange Cut up</p> <p>1 Kiwi Cut up</p> <p>2 x Glasses Water</p>	

Day 25	Tuesday, 20 June 2017	
Breakfast	<p>Smoothie Bowl</p> <p>$\frac{1}{2}$ Cup Double Thick Yogurt</p> <p>$\frac{1}{2}$ Cup Raspberries</p> <p>$\frac{1}{2}$ Cup Mango</p> <p>1 Cup Milk</p> <p>Topped With Edible Flowers</p> <p>2 x Glasses Water</p>	

Day 26	Wednesday, 21 June 2017	
Breakfast	<p>$\frac{1}{2}$ Cup Double Thick Yogurt</p> <p>1 Banana Cut</p> <p>$\frac{1}{2}$ Cup Pineapple Cut</p> <p>$\frac{1}{2}$ Cup Fruit Salad (Store Bought)</p> <p>Topped with Edible Flowers</p> <p>2 x Glasses Water</p>	

Day 27	Thursday, 22 June 2017	
Breakfast	<p>$\frac{1}{2}$ Cup of Oats</p> <p>1 Cup Warm Milk</p> <p>1 Tsp Butter</p> <p>$\frac{1}{2}$ Tsp Honey</p> <p>Fruit Salad (Store Bought)</p> <p>2 x Glasses Water</p>	

Day 28	Friday, 23 June 2017	
Breakfast	<p>Smoothie Bowl</p> <ul style="list-style-type: none">1 Banana$\frac{1}{2}$ Cup Blueberries$\frac{1}{2}$ Cup Raspberries1 Cup Milk$\frac{1}{2}$ Cup Double Thick YogurtTopped with Edible Flowers <p>2 Glasses of Water</p>	

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