

# 7 DAY MEAL PLAN

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	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>	2 Eggs, 3 Rashers Bacon, Half avo, 1/2 cup fried mushroom	No Lunch	2 Pork Rashers fried in butter served with Caulimash and roasted veg
<b>TUESDAY</b>	2 Egg omelette filled with cheddar, mushroom, chourizo	Handful fatty Biltong	Chicken Stirfry fried in coconut oil with red peppers, julienne carrots, mushroom, spinach and baby corn
<b>WEDNESDAY</b>	200ml Yoghurt with 50g sunflower seeds	No Lunch	Beef Goulash fried in olive oil, with green peppers, mushrooms served with crem and caulirice
<b>THURSDAY</b>	Heba Pap Porridge with cinnamon and butter	Seed Crackers with cream cheese	Stuffed Meatloaf with cheese, creamed spinach and roasted veg
<b>FRIDAY</b>	2 Scrambled eggs with fried tomato and heba bread in a cup	Chicken Salad, avo, tomato, olives, olive oil and ACV dressing, lettuce	Caulibase Pizza with cheese, mushroom, mince, chillies and tomato Puree
<b>SATURDAY</b>	2 Eggs, 3 Rashers Bacon, Half avo, 1/2 cup fried mushroom	No Lunch	Chicken Strips Fried in Holsum with baby marrow zoodles, tomato based herb sauce and cheese
<b>SUNDAY</b>	Chicken Livers fried with onions in holsum served with bread in a cup	Cheese, Nuts and Biltong Platter	Fish fried in coconut oil, salad, olives, lettuce, feta cheese, baby tomatoes and cucumber

# Banting Diet 2018 Best 7 Day Banting Meal Plan To Get

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