

5 days in detail

DAY 1	PROGRAMME	CHECK
	<p>Water: on rising, glass of warm water with juice of 1 lemon Fill a 1 litre water bottle. Aim to drink 2 throughout the day.</p>	
	<p>Daily exercise regime: choose one of the following: 45 minute Endurance 20 minute Intensity Fab4in5 Yoga class Other:</p>	
	<p>Aromatic body boost: 2 minutes full body treatment with powerful positive affirmation</p>	
	<p>Breakfast: Cinnamon nut porridge, served with extra cinnamon and maple syrup or yoghurt and fresh fruit</p>	
	<p>Lunch: Phyto-fantastic salad served with shredded chicken, fresh fish, boiled egg, tofu, beans or an 85gm can of tuna. Dress with one of the salad dressings.</p>	
	<p>Dinner: Herb omelette with fresh green salad</p>	
	<p>Snacks: choose any of the snack ideas</p>	
	<p>Relaxation: 10 minutes — choose one of the following: Listen to music Meditation/prayer Breathing exercise</p>	
	<p>Pampering: choose one of the following: Aromatic bath or shower Body scrub Footbath Face mask Hair treatment Light vaporiser</p>	
	<p>Comments: How did you feel today?</p>	

DAY 2	PROGRAMME	CHECK
	<p>Water: on rising, glass of warm water with juice of 1 lemon Fill a 1 litre water bottle. Aim to drink 2 throughout the day.</p>	
	<p>Daily exercise regime: choose one of the following: 45 minute Endurance 20 minute Intensity Fab4in5 Yoga class Other:</p>	
	<p>Aromatic body boost: 2 minutes full body treatment with powerful positive affirmation</p>	
	<p>Breakfast: Fresh fruit and nut smoothie and one piece of spelt toast with tahini and honey or nut butter</p>	
	<p>Lunch: Brown rice herb salad</p>	
	<p>Dinner: Chicken cashew stir fry</p>	
	<p>Snacks: choose any of the snack ideas</p>	
	<p>Relaxation: 10 minutes — choose one of the following: Listen to music Meditation/prayer Breathing exercise</p>	
	<p>Pampering: choose one of the following: Aromatic bath or shower Body scrub Footbath Face mask Hair treatment Light vaporiser</p>	
	<p>Comments: How did you feel today?</p>	

DAY 3	PROGRAMME	CHECK
	<p>Water: on rising, glass of warm water with juice of 1 lemon Fill a 1 litre water bottle. Aim to drink 2 throughout the day.</p>	
	<p>Daily exercise regime: choose one of the following: 45 minute Endurance 20 minute Intensity Fab4in5 Yoga class Other:</p>	
	<p>Aromatic body boost: 2 minutes full body treatment with powerful positive affirmation</p>	
	<p>Breakfast: CADA served with yoghurt and fresh fruit</p>	
	<p>Lunch: Hearty vegetable soup</p>	
	<p>Dinner: Herbed zucchini slice and salad</p>	
	<p>Snacks: choose any of the snack ideas</p>	
	<p>Relaxation: 10 minutes — choose one of the following: Listen to music Meditation/prayer Breathing exercise</p>	
	<p>Pampering: choose one of the following: Aromatic bath or shower Body scrub Footbath Face mask Hair treatment Light vaporiser</p>	
	<p>Comments: How did you feel today?</p>	

DAY 4	PROGRAMME	CHECK
	<p>Water: on rising, glass of warm water with juice of 1 lemon Fill a 1 litre water bottle. Aim to drink 2 throughout the day.</p>	
	<p>Daily exercise regime: choose one of the following: 45 minute Endurance 20 minute Intensity Fab4in5 Yoga class Other:</p>	
	<p>Aromatic body boost: 2 minutes full body treatment with powerful positive affirmation</p>	
	<p>Breakfast: Herbed scrambled eggs</p>	
	<p>Lunch: Chicken or smoked salmon Caesar salad</p>	
	<p>Dinner: Herb crumbed fish and salad</p>	
	<p>Snacks: choose any of the snack ideas on page</p>	
	<p>Relaxation: 10 minutes — choose one of the following: Listen to music Meditation/prayer Breathing exercise</p>	
	<p>Pampering: choose one of the following: Aromatic bath or shower Body scrub Footbath Face mask Hair treatment Light vaporiser</p>	
	<p>Comments: How did you feel today?</p>	

DAY 5	PROGRAMME	CHECK
	<p>Water: on rising, glass of warm water with juice of 1 lemon Fill a 1 litre water bottle. Aim to drink 2 throughout the day.</p>	
	<p>Daily exercise regime: choose one of the following: 45 minute Endurance 20 minute Intensity Fab4in5 Yoga class Other:</p>	
	<p>Aromatic body boost: 2 minutes full body treatment with powerful positive affirmation</p>	
	<p>Breakfast: Power packed toasted muesli served with yoghurt and fresh fruit</p>	
	<p>Lunch: Herb egg and lettuce spelt sandwich</p>	
	<p>Dinner: Basil salmon loaf with fresh green salad</p>	
	<p>Snacks: choose any of the snack ideas on page</p>	
	<p>Relaxation: 10 minutes — choose one of the following: Listen to music Meditation/prayer Breathing exercise</p>	
	<p>Pampering: choose one of the following: Aromatic bath or shower Body scrub Footbath Face mask Hair treatment Light vaporiser</p>	
	<p>Comments: How did you feel today?</p>	