

ANNIQUE rooibos

Lifestyle 7-day planner

DAILY ALLOWANCES

- 300-400ml of full cream milk. Use butter and not margarine.
- As much green salad vegetables with lemon juice, olive oil and fresh herbs as desired.
- Drink 1,5l - 2l of mineral water per day.
- As much Annique Rooibos tea as you like without sugar or sugar supplements - Rooibos has a natural sweet taste.
- Avoid all sugar and refined carbohydrates.
- Limit your intake of coffee and try to eliminate caffeine from your diet altogether.
- Do not eat more than one fruit per day. Try to buy food in their 'natural' state and avoid all canned and processed foods. Your [R]evolutionary eating programme should be made up of whole food products - no sweeteners, preservatives or colourants.
- Remember to take your Annique Forever Healthy supplements!
- Green salads may include the following:
 - rocket, spinach and basil leaves
 - herbs and olive oil with FRESH lemon juice plus salt and balsamic vinegar
 - asparagus, cucumber, avocado
 - spring onion, chives, red onion
 - feta cheese, mature cheddar, cottage cheese

Annique's easy meal planner for the first 7 days of the [R]evolutionary LIFESTYLE eating programme.

During this week you will start detoxing your body and changing your digestive system from burning carbohydrates (sugar, pasta, bread, cake, sweets) for energy to burning fat. To ease the changeover, the Annique Lifestyle Shake provides support and supplementation during the day. It is, however, essential to eat a good meal with the approved foods at dinner. Avoid eating between meals at all costs.

DAY	BREAKFAST	TEA	LUNCH	TEA	DINNER
1	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos and Ginger tea and Fennel tea	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb Tea recipe OR Rooibos and Senna Tea	Oven baked chicken pieces with onions and mushrooms, broccoli and salad Zoodles (baby marrow swirls that resemble spaghetti) with homemade meatballs (swop bread-crumbs with almond or coconut flour) and homemade Italian tomato sauce
2	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos and Ginger tea and Fennel tea	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb Tea recipe OR Rooibos and Senna Tea	Spinach and bacon omelet or frittata with green salad and feta cheese
3	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos and Ginger tea and Fennel tea	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb Tea recipe OR Rooibos and Senna Tea	Shepards pie topped with cauliflower mash and green salad
4	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos and Ginger tea and Fennel tea	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb Tea recipe OR Rooibos and Senna Tea	Tuna fish cakes with roasted vegetables and green
5	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos and Ginger tea and Fennel tea	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb Tea recipe OR Rooibos and Senna Tea	Tomato bredie made with stewing beef, served with cauliflower rice and green beans
6	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos and Ginger tea and Fennel tea	Annique Lifestyle Shake or Annique Protein Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb Tea recipe OR Rooibos and Senna Tea	Roast chicken with avocado, green salad and creamed spinach
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