

## MEAL PLAN

	MON	TUES	WED	THU	FRI	SAT	SUN
<b>BREAKFAST</b> 7am	SHAKE: 1 cup berries, 1 cup ice, 1 cup almond milk, 1 scoop protein, 1 tbsp ground flax seed blend, 1 cup baby spinach	egg muffin (1 serving of veggies)	SHAKE: 1 cup berries, 1 cup ice, 1 cup almond milk, 1 scoop protein, 1 tbsp ground flax seed blend, 1 cup baby spinach	egg muffin (1 serving of veggies)	SHAKE: 1 cup berries, 1 cup ice, 1 cup almond milk, 1 scoop protein, 1 tbsp ground flax seed blend, 1 cup baby spinach	sleep in	sleep in
<b>SNACK</b> 10am	1-2 servings veggies, hard boiled egg OR veggies and 2 tbsp hummus	SHAKE: 1 cup berries, 1 cup ice, 1 cup almond milk, 1 scoop protein, 1 cup baby spinach (1 serving of veggies)	1-2 servings veggies, hard boiled egg OR veggies and 2 tbsp hummus	SHAKE: 1 cup berries, 1 cup ice, 1 cup almond milk, 1 scoop protein, 1 cup baby spinach	1-2 servings veggies, hard boiled egg OR veggies and 2 tbsp hummus	eggs poached in tomato sauce with avocado	frittata
<b>LUNCH</b> 12pm	Big salad with spinach, chopped egg, turkey, cucumber, tomato, edemame, avocado and balsamic dressing (3 servings veggies)	roasted veggies, salmon and a small salad (3 serving of veggies)	roasted veggies with BBQ chicken optional side salad (2-3 servings veggies)	Big salad with spinach, chopped egg, turkey, cucumber, tomato, edemame, avocado and balsamic dressing (3 servings veggies)	leftover spaghetti squash dinner 1pm (2 servings of veggies)	Eat about 3 hours after breakfast: salad topped with canned tuna salad (mix tuna with grated beets and avocado)	Eat about 3 hours after breakfast: leftover fish taco salad
<b>SNACK</b> 3pm	power ball x 2	apple and 10-20 almonds or 2 tbsp almond butter	power ball x 2	apple and 10-20 almonds or 2 tbsp almond butter	power ball x 2		
	mint tea	green chia tea	mint tea	green chia tea	mint tea	green chia tea	mint tea
<b>DINNER</b> 6:30pm	kale and garlic sautéed in coconut oil with salmon topped with miso paste and sesame seeds (make extra salmon portion and make roasted veggies in oven when making supper) (2 servings of veggies)	Roasted veggies, chopped salad- lettuce, cucumber, tomato, avocado, and BBQ chicken (2-3 servings of veggies)	tofu stir fry cut spaghetti squash in half and bake in oven while cooking dinner (40 minutes at 375 degrees Fahrenheit) (2-3 serving of veggies)	spaghetti squash with tomato sauce (recipes separate) simple recipe- brown ground turkey, add favorite pre-made spaghetti sauce, add 2 cups chopped kale, place on top of spaghetti squash cooked day before (2-3 servings of veggies)	lean sirloin burger or 4oz steak with Brussels sprouts and spinach and mushroom salad (2-3 servings of veggies)	fish taco salad (recipe separate)	Lettuce Wraps
<b>SNACK</b> optional if needed 9pm (no later)	2 low sugar dark chocolate square	chocolate milkshake- 1 pitted date, 1 tbsp coco powder, 1/2 banana, 1 tbsp almond butter, 1 cup ice, 1 cup almond milk	almond/coconut plain yogurt with fruit and walnuts	chocolate milkshake- 1 pitted date, 1 tbsp coco powder, 1/2 banana, 1 tbsp almond butter, 1 cup ice, 1 cup almond milk	almond/coconut plain yogurt with fruit and walnuts	2 pieces low sugar dark chocolate and 1- 4oz glass red wine (not during non alcohol week(s))	almond/coconut plain yogurt with fruit and walnuts
	chamomile tea or decaf tea of choice	chamomile tea or decaf tea of choice	chamomile tea or decaf tea of choice	chamomile tea or decaf tea of choice	chamomile tea or decaf tea of choice	chamomile tea or decaf tea of choice	chamomile tea or decaf tea of choice

*Drink a large glass of water with freshly squeezed lemon everyday BEFORE Eating or Drinking anything else.  
 Drink water throughout the day, especially between meals if you feel hungry. Often this feeling actually means you are thirsty!*