



# monday

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| BREAKFAST | Protein shake – 1 tablespoon ground flaxseeds, 6-8 cashews, ¼ cup mixed berries, 1 leaf raw kale, 1 scoop of protein powder + unsweetened coconut or almond milk<br>Note: Use organic, non-GMO rice, hemp, pea, or grassfed whey protein powder. |
| LUNCH     | Hormone, antibiotic and nitrate-free turkey sandwich on high fiber, whole grain bread, topped with raw veggies (tomato, sprouts, lettuce), avocado, olives [optional] and <a href="#">homemade mayo</a> .<br>Cucumber slices                     |
| SNACKS    | Celery topped with no-sugar added nut butter or cream cheese<br>Coconut yogurt (unsweetened) with Puffins (for crunch) and mixed berries   |
| DINNER    | <a href="#">Warm cheesy chickpea pesto with beet greens and portobello mushrooms</a><br>Side raw mixed greens salad with olive oil and lemon juice   |
| DESSERT   | <a href="#">Rhubarb with strawberries</a>  |

# tuesday

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| BREAKFAST | Greek yogurt topped with Barbara's Better Granola<br>Add: Green apple (cut into pieces), and sprinkle with cinnamon (great for balancing blood sugar)<br>1 tbsp unsweetened almond butter on the side<br>Unsweetened coffee/tea<br>Note: Challenge yourself! If you normally put sugar into your coffee or tea, try a cup without it, or cut your usual amount in half. |
| LUNCH     | Large mixed greens and quinoa salad topped with 2 hardboiled eggs, and dried chickpeas and lentils (for added protein and crunch)   |
| SNACKS    | <a href="#">Homemade kale chips</a><br><a href="#">Black bean salsa bites</a>   |
| DINNER    | <a href="#">Exotic vegetable soup</a> (add organic wild rice)<br>Side raw mixed greens salad with olive oil and lemon juice   |
| DESSERT   | Fresh fruit   |

# wednesday

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| BREAKFAST | <a href="#">Green Goddess spinach smoothie</a>   |
| LUNCH     | <a href="#">Veggie burgers with broccoli and oats</a><br>Side salad  |
| SNACKS    | Guacamole and carrot sticks<br><a href="#">Raw almond hummus</a>   |
| DINNER    | Roasted chicken. Season with dried herbs: oregano, rosemary, thyme, basil and turmeric.<br>Broccoli, steamed<br>Baked sweet potato |
| DESSERT   | Cup of unsweetened chamomile tea   |

# thursday

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| BREAKFAST | Bowl of Puffins<br>Milk or unsweetened/original milk alternative<br>Greek yogurt topped with 2 tbsp. hemp seeds<br>Unsweetened coffee/tea   |
| LUNCH     | Sundried tomato, olive, cheese, and leftover chicken from dinner last night sandwich on high fiber, whole grain bread topped with sprouts, lettuce.<br>Pickle<br>Raw vegetable sticks     |
| SNACKS    | <a href="#">Healthy trail mix</a><br><a href="#">Roasted and spiced chickpeas</a>   |
| DINNER    | Spaghetti squash or zucchini noodles with mushroom, carrots, spinach, celery, tomato sauce<br>Side raw mixed greens salad with olive oil and lemon juice<br>Unsweetened caffeine-free tea |
| DESSERT   | <a href="#">Unsweetened applesauce</a>  |

# friday

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| BREAKFAST | Proteins and greens shake:<br>1 tablespoon ground flaxseeds, 5-6 cashews, ¼ cup mixed berries, 1 leaf kale, 1 scoop protein powder with unsweetened coconut or almond milk.<br>Note: Use organic, non-GMO rice, hemp, pea, or grassfed whey protein powder. |
| LUNCH     | <a href="#">Hearty tomato soup</a><br>BLT Wrap: Hormone, antibiotic and nitrate-free turkey bacon, lettuce and tomato<br>Side salad<br>Pickle   |
| SNACKS    | Apple and unsweetened almond butter<br><a href="#">Spiced pumpkin seeds</a>   |
| DINNER    | <a href="#">Zucchini pizza</a><br>Side raw mixed greens salad with olive oil and lemon juice  |
| DESSERT   | Air popped popcorn drizzled with warm coconut oil   |

# saturday

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| BREAKFAST | 2 eggs, sunny-side up<br>¼ - ½ Avocado<br>1 piece of whole grain toast (high fiber)<br>Unsweetened coffee/tea |
| LUNCH     | <a href="#">Artichoke and potato frittata</a>   |
| SNACK     | <a href="#">Easy almond butter bread</a>  |
| DINNER    | <a href="#">Rainbow stir-fry</a><br><a href="#">Cauliflower mash</a>  |
| DESSERT   | <a href="#">Chocolate Avocado Power Pudding</a>   |

# sunday

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| BRUNCH  | <a href="#">Power pancakes</a><br>Top with:<br>• Mixed berries<br>• Nuts (a small handful)<br>• Organic butter or trans-fat free organic margarine<br>2 Eggs, sunny side up<br>Unsweetened coffee/tea   |
| SNACK   | Cut up vegetables with hummus and/or salsa  |
| LUNCH   | Seaweed Wrap: Take a sheet of nori seaweed and top with tuna, or pink salmon (mixed with non-GMO mayonnaise* and Himalayan pink salt). Roll and enjoy!<br>Side of cucumbers, tomatoes, and olives<br>*Note: Seaweed gets soft quickly, so eat it right away!<br>You can try making your own <a href="#">homemade mayonnaise</a> |
| DINNER  | <a href="#">Organic beef stew</a><br>Side raw mixed green salad drizzled with olive oil, lemon juice and sea salt   |
| DESSERT | <a href="#">Chocolate dipped clementines</a>  |