

Meal Plan

Day 1 & 2

Breakfast: Shakeology Smoothie

- 1 cup unsweetened almond milk
- 1 scoop Shakeology
- 1 cup fresh berries
- ice

Snack: Almonds and veggies

- 2 tbsp raw nuts
- 1 med red bell pepper or 1 cup sliced cucumbers

Lunch: Chicken with Rice & Veggie Medley

- 1 grilled chicken breast (6 oz)
 - Tempeh (6 oz) – vegetarian option
- 1 cup of boiled veggies
 - any combo of veggies, boil for 45 min, toss with 1 tsp oil and pink salt
- 1/2 cup cooked brown rice or quinoa
- 1/4 cup of sliced avocado (make sure it's ripe!)

Snack: Celery & Hummus

- 2 large celery stalks
- 5 tsp hummus

Dinner: Mixed Green Salad w Lentils

- 5 cups of mixed greens
- 1 cup cooked lentils or rice
- 1 tsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- pinch pink salt

Dessert: Fruit

- 1/2 cup of fresh berries of your choice

Day 3 & 4

Breakfast Option 1: Shakeology Smoothie

- 1 cup unsweetened almond milk
- 1 scoop Shakeology
- 1/2 banana or 1 cup berries
- ice

Snack: Veggies & Hummus

- 1 med cucumber, cut into strips
- 2 Tbsp hummus for dipping

Lunch: Chicken with Rice & Veggie Medley

- 1/2 grilled chicken breast (3 oz) ****Note this is a half portion****
 - Tempeh (3 oz) – vegetarian option
- 1 cup of boiled veggies
 - any combo of veggies, boil for 45 min, toss with 1 tsp oil and pink salt
- 1 cup cooked brown rice or quinoa

Snack: Fruit

- Option 1: 1 cup of fresh berries
- Option 2: 1 medium apple

Dinner: Mixed Green Salad w Salmon

- 4 cups of mixed greens
- 4 oz piece of salmon
 - 1/2 can of black or pinto beans, drained & rinsed vegetarian option
- 1 tsp extra virgin olive oil
- 1/2 fresh tomato sliced/diced
- 1/4 cup avocado
- 2 tbsp fresh lemon juice
- pinch pink salt

Dessert: Fruit : 1/2 cup of fresh berries of your choice

Day 5, 6 & 7

Breakfast: Shakeology Smoothie

- 1 cup unsweetened almond milk
- 1 scoop Shakeology
- 1/4 banana or 1/2 cup of frozen berries
- ice

Snack: Yogurt n Berries

- 1/2 cup fresh berries
- 1/2 cup greek yogurt
- 1 tbsp dry rolled oats

Lunch: Open Faced Hummus Sandwich

- 1 slice Ezekiel bread
- 2 Tbsp hummus
- 2 slices fresh tomato
- 4 slices of cucumber

Dinner: Mixed Green Salad w Salmon/Chicken

- 4 cups of mixed greens
- 4 oz piece of salmon or chicken
 - 1/2 can of black or pinto beans, drained vegetarian option
- 1 tsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- pinch pink salt

Dessert: Fruit : 1/2 cup of fresh berries of your choice

Grocery List

Nuts:

- 4 oz raw walnuts
- 4 oz raw almonds
- 4 oz raw cashews

Legumes:

- 1 small bag lentils
- 1 can of black beans or pinto beans (3 cans if eating vegetarian)
- 1 small tub of hummus

Grains:

- 1 small bag of rolled oats (Bob's Red Mill is good!)
- 1 small bag of brown rice or quinoa
- 1 loaf of Ezekiel bread (in frozen, organic section)

Veggies:

- 6 bags of mixed salad greens
- 3 bags of any combo of: broccoli, carrots, cauliflower, peppers, green beans, sugar snap peas, zucchini
- 1 red bell pepper
- 2 large stalks celery
- 2-3 cucumbers (I buy English cucumbers smaller seeds)
- 2-3 tomatoes

Fruit:

- 2-3 bananas
- 4 containers of berries, any combo of: strawberries, blueberries, blackberries, raspberries. (frozen or fresh)
- 1-2 apples
- 4 lemons
- 4 cups of strawberries in addition to the berries above

Dairy:

- 2 cartons unsweetened almond milk

Protein:

12 oz boneless chicken breast

2 cans/packets wild salmon OR fresh salmon to cook on grill Vegetarian option: Tempeh or tofu

Misc:

6 days of Shakeology

Extra Virgin Olive Oil

Pink Himalayan Salt

Ground cinnamon

Ground cumin

Ground paprika