



— MONTH 1 —

Suggested Meals

WEEK 4



WEEKLY MEALS MADE EASY

Here are your suggested meals for the week plus a shopping list to make planning easy as 1-2-3.

PLEASE NOTE: Dressings, snacks, protein balls, dips, toppings, drinks and desserts are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.



THIS WEEK'S PLAN

Add a clean protein power such as pea, hemp or a combination mix like sunwarrior to your smoothies if desired. Make sure to add protein to any lunch or dinner such as nitrate free turkey or chicken deli meats or organic chicken or fish.

MEALS AT A GLANCE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Super Oatmeal	Banana Pancakes	Berry Smoothie	Health Smoothie	Super Oatmeal	Berry Smoothie	Chocolate Smoothie
Spinach Salad	Yummy Wrap	Quinoa Salad	Green Salad with Roasted Chickpeas	Spinach Salad	Yummy Wrap	Super Supper Salad
Curry Zen Bowl	Basil Brown Rice with Lentils	Vegan Power Bowl	Fajita Bowl	Stuffed Peppers	Basil Brown Rice with Lentils	Fajita Bowl



JUST IN CASE YOU WANT TO CHANGE IT UP

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

