



— MONTH 1 —

# *Suggested Meals*

**WEEK 1**



# 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 powder such as pea, hemp or a combination mix of your choice 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
Health Smoothie	Super Oatmeal	Berry Smoothie	Banana Pancakes	Chocolate Smoothie	Super Oatmeal	Health Smoothie
Yummy Wrap	Spinach Salad	Quinoa Salad	Yummy Wrap	Super Supper Salad	Spinach Salad	Green Salad with Roasted Chickpeas
Fajita Bowl	Curry Zen Bowl	Vegan Power Bowl	Basil Brown Rice with Lentils	Fajita Bowl	Stuffed Peppers	Vegan Power Bowl



# JUST IN CASE YOU WANT TO CHANGE IT UP

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

