

# 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