



# Flexible Meal Plan

RIGID MEAL PLANS AREN'T FOR EVERYONE. IF YOU JUST NEED SOME INSPIRATION FOR COMPLETE MEALS THAT ARE GREAT FOR GUT AND BRAIN HEALTH HERE IT IS! ADD THREE TO FOUR FROM EACH CATEGORY TO THIS MONTHS ROTATION!

# BREAKFAST

## You Choose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



### TROPICAL SMOOTHIE

*INGREDIENTS:* CANNED COCONUT MILK, FROZEN PINEAPPLE, FROZEN MANGO, SPINACH, PROTEIN POWDER, WATER.



### COCONUT MILK YOGURT BOWL

*INGREDIENTS:* COCONUT MILK YOGURT, CINNAMON, SLICED PEARS, AND PALEO GRANOLA.



### BLUEBERRY ALMOND FLOUR MUFFINS WITH NUT BUTTER

*INGREDIENTS:* ALMOND FLOUR, BAKING SODA, SALT, EGGS, HONEY, OLIVE OIL, VANILLA, LEMON, BERRIES (FRESH OR FROZEN) .



### CAPRESE EGG SCRAMBLE WITH A SIDE OF WATERMELON

*INGREDIENTS:* EGGS , FRESH BASIL, CHERRY TOMATOES, MOZZARELLA, WATERMELON.



### FAB FOUR CHIA SEED PUDDING TOPPED WITH BERRIES

*INGREDIENTS:* CHIA SEEDS, ALMOND MILK, VANILLA PROTEIN POWDER, NUT BUTTER, AND BERRIES.



### SPROUTED GRAIN TOAST WITH AVOCADO, SMOKED SALMON (OR AN EGG)MICROGREENS OR SPROUTS, AND A SIDE OF BERRIES

*INGREDIENTS:* SPROUTED GRAIN TOAST, AVOCADO, SMOKED SALMON, MICROGREENS, BERRIES.



### GREEN SMOOTHIE

*INGREDIENTS:* KIWI, GREEN APPLE, BABY SPINACH, PROTEIN POWDER, AVOCADO, NON DAIRY MILK.



### BERRIE ALMOND COCONUT OATMEAL

*INGREDIENTS:* STEEL CUT OATS, NON DAIRY MILK, ALMONDS, UNSWEETENED SHREDDED COCONUT, BERRIES OF CHOICE.

# LUNCH

## You Choose

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



### CAPRESE PASTA SALAD

*INGREDIENTS:* CHICKPEA PASTA, FRESH BASIL, CHERRY TOMATOES, MOZZARELLA BALLS, OLIVE OIL, OREGANO, SALT, PEPPER. (ADD BLUEBERRIES FOR FORTH OF JULY LUNCH!)



### CANTALOUPE PROSCIUTTO SALAD

*INGREDIENTS:* MIXED GREENS, CANTALOUPE, PROSCIUTTO, MOZZARELLA, SUNFLOWER SEEDS, OLIVE OIL, BALSAMIC VINEGAR.



### CHICKEN SALAD STUFFED AVOCADOS

*INGREDIENTS:* CANNED OR SHREDDED ROTISSERIE CHICKEN, AVOCADOS, RED ONION, AVOCADO MAYO, GREEK YOGURT, LEMON, DIJON MUSTARD, SALT, PEPPER.



### MEDITERRANEAN PITA POCKET

*INGREDIENTS:* ROMAINE LETTUCE, CANNED CHICKPEAS, TOMATO, CUCUMBER, RED PEPPER, RED ONION, KALAMATA OLIVES, FETA, DILL, PITA BREAD, OLIVE OIL, RED WINE VINEGAR, SEASONINGS.



### STRAWBERRY SALAD

*INGREDIENTS:* BABY SPINACH, STRAWBERRIES, SLICED ALMONDS, FETA, HEMP SEEDS, OLIVE OIL, BALSAMIC VINEGAR, OREGANO.



### MEDITERRANEAN PLATE

*INGREDIENTS:* TURKEY BURGER (OR HUMMUS), QUINOA, KALAMATA OLIVES, CUCUMBERS, TOMATOES, FETA, CHICKPEAS, BALSAMIC VINEGAR.



### VERY BERRY SMOOTHIE

*INGREDIENTS:* PLAIN GREEK OR IRLANDIC YOGURT, HEMP SEEDS, BLUEBERRIES, BLACKBERRIES, CHIA, AND BEET GREENS (OR KALE)



### CHICKEN WRAP

*INGREDIENTS:* SPROUTED GRAIN (OR CASSAVA FLOUR) WRAP, SHREDDED CARROTS, GRILLED (CANNED ORGANIC OR ROTISSERIE) CHICKEN, CUCUMBERS, SPROUTS, AVOCADO, DIJON MUSTARD,

# DINNER

## You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



### NO COOK ZUCCHINI NOODLES (TOP WITH GRILLED CHICKEN)

*INGREDIENTS:* ZUCCHINI NOODLES, SALT, OLIVE OIL, PESTO, HEIRLOOM TOMATOES, BLACK PEPPER, PARMESAN CHEESE, SEA SALT, GRILLED CHICKEN BREAST.



### 20 MINUTE SKILLET SHRIMP FAJITAS

*INGREDIENTS:* LARGE SHRIMP, CHILI POWDER, PAPRIKA, ONION POWDER, CUMIN, GARLIC POWDER, SEA SALT, PEPPER, OLIVE OIL, RED PEPPER, GREEN PEPPER, YELLOW PEPPER, ONION, AVOCADO, SOUR CREAM (OPTIONAL).



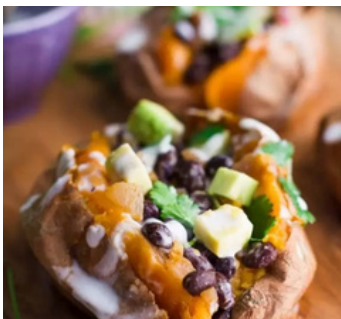
### CAULIFLOWER FRIED RICE

*INGREDIENTS:* FROZEN CAULIFLOWER RICE, FROZEN PEAS, SHREDDED CARROTS, CHICKEN BREAST, EGGS, TAMARI, COCONUT AMINOS, AVOCADO OIL, MIXED GREENS OR MICROGREENS.



### GREEK CHICKEN GYROS

*INGREDIENTS:* CHICKEN TENDERLOINS, OLIVE OIL, LEMON, MINCED GARLIC, OREGANO, THYME, PAPRIKA, PEPPER, SALT, PITA BREAD, ROMAINE LETTUCE, CHERRY TOMATOES, RED ONION, TZATZIKI SAUCE.



### BLACK BEAN STUFFED SWEET POTATOES

*INGREDIENTS:* SWEET POTATOES, SOUR CREAM, LIME, BLACK PEPPER, RED ONION, AVOCADO OIL, GARLIC POWDER, ONION POWDER, CUMIN, CHILI POWDER, SEA SALT, CANNED BLACK BEANS, AVOCADO.



### SLOW COOKER SUMMER BEEF STEW

*INGREDIENTS:* OLIVE OIL, STEW BEEF, FLOUR, BLACK PEPPER, SEA SALT, MINCED GARLIC, BAY LEAF, SHALLOT, TOMATO PASTE, BEEF BROTH, ZUCCHINI, YELLOW PEPPER, RED PEPPER, BASIL, PARMESAN CHEESE.



### STEAK KEBABS

*INGREDIENTS:* OLIVE OIL, SOY SAUCE, LEMON JUICE, RED WINE VINEGAR, WORCESTERSHIRE SAUCE, HONEY, DIJON MUSTARD, SIRLOIN STEAK, MUSHROOMS, PEPPERS, RED ONION, GARLIC POWDER.



### ASIAN ROASTED SALMON BROCCOLI

*INGREDIENTS:* SALMON FILET, BROCCOLI FLORETS, HONEY, SOY SAUCE, SESAME OIL, CHILI GARLIC SAUCE, RICE VINEGAR, CILANTRO.