

SUMMER VIP MEAL PLAN

5 WEEK ROTATION

Welcome to your Chakra Bowls VIP Meal Plan. This isn't just meal prep — this is intentional nourishment designed to support your energy, your strength, and your busy life. Each week is thoughtfully curated to help you feel balanced, fueled, and taken care of. You're not just ordering food — you're investing in yourself.



WEEK 1 || June 1

Lemon Blueberry Overnight Oats

Lemon + Blueberry compote, Blueberry, Oats, chia seeds, almond milk, maple syrup

Earth Bowl

mixed greens, red cabbage, edamame, carrots, cucumber, almonds, hummus, hemp seeds, green goddess dressing

Cali Bowl

mixed greens, black beans, chickpeas, corn, tomato, red onion, avocado, tortilla strips, ranch dressing

Southwest Chicken "Poke" Bowl

Warm Quinoa, Sesame Ginger Marinated Chicken, Tomatoes, Black Beans, Corn, Chickpeas, Microgreens, Avocado, Cilantro, Lime + Spicy Mayo

Veggie Glow

Our signature Skin Glow Soup w/ Vegetables, Herbs + spices

Powerball

oats, dates, peanut butter, dark chocolate chips, cinnamon, honey

Cloud Floatin'

Organic Berry Hibiscus, Lemon, Lavender

Get Yo' Greens

apple, cucumber, lemon, ginger, kale

PB in Heaven Smoothie

banana, peanut butter, nutella, hemp seeds

Good Vibes Smoothie

pineapple, strawberry, banana

WEEK 2 || June 8

Pitaya Chia Pudding

Chia, Pitaya, Maple, Mango, Coconut Flakes, Vegan Chocolate Chips, Almond milk

Ahi Tuna Poke Bowl

Sesame Ginger Marinated Ahi Tuna, Red Cabbage, Edamame, Shredded Carrots, Peanuts, Cucumber, Spicy Mayo

Strawberry Fields 4E Bowl

mixed greens, shredded chicken, strawberries, cucumber, walnuts, red onion, hemp seeds and balsamic dressing

My Thai Bowl

quinoa, mixed greens, edamame, carrots, peanuts, red cabbage, sesame ginger dressing

Skin Glow Soup

sweet potato, red pepper, carrot, onion, tomato, coconut milk, herbs

Powerball

oats, dates, peanut butter, dark chocolate chips, cinnamon, honey

Sunshine Dr.

coconut water, turmeric, ginger, lemon, orange, honey

Live in Peach Tea Elixir

Organic Peach Black Tea, Lemon, Honey, Chia Seeds

Smell The Roses Smoothie

Banana, Almond Milk, Pitaya, Strawberries, Pineapple

Green Goddess Smoothie

Pineapple, Cucumber, Mango, Banana, Spirulina

WELLNESS SHOT

WEEK 3 || June 15

Golden Milk Overnight Oats

turmeric, cinnamon, chia seeds, almond milk, maple syrup

Caprese Island Bowl

mixed greens, shredded chicken, avocado, tomatoes, red onion, homemade pesto

Nourish Bowl

quinoa, mixed greens, cucumber, sweet potato, walnuts, avocado, crispy onions, lemon tahini dressing

Cali Bowl

mixed greens, black beans, chickpeas, corn, tomato, red onion, avocado, tortilla strips, ranch dressing

Healing Bone Broth

Local + Organic

Powerball

oats, dates, peanut butter, dark chocolate chips, cinnamon, honey

Allergy Rx

Organic Hawaiian Green Tea, Lemon, Honey + Bee Pollen

Watermelon Mint Refresh

Watermelon, Mint, Lime, Cucumber, Coconut Water

Spring in Bloom Smoothie

Almond Milk, Banana, Blueberries, Pitaya, Lavender

Breakfast Smoothie

banana, peanut butter, cinnamon

WELLNESS SHOT

WEEK 4 || June 22

Matcha Chia Overnight Oats

matcha, chia seeds, almond milk, maple syrup

Senorita Bowl

quinoa, mixed greens, sweet potato, chickpeas, black beans, red onion, tortilla strips, buffalo ranch dressing

Earth Bowl

mixed greens, red cabbage, edamame, carrots, cucumber, almonds, hummus, hemp seeds, green goddess dressing

My Thai Bowl

quinoa, mixed greens, edamame, carrots, peanuts, red cabbage, sesame ginger dressing

Skin Glow Soup

sweet potato, red pepper, carrot, onion, tomato, coconut milk, herbs

Powerball

oats, dates, peanut butter, dark chocolate chips, cinnamon, honey

GLOW

Cucumber, Pineapple, Lime, Jalapeno, Cilantro

Immune

carrot, orange, turmeric, ginger, lemon

Hot Yogi Smoothie

coconut water, pineapple, cucumber, microgreens, coconut, mango, lemon, mint

Mermaid Smoothie

Almond milk, Pineapple, Banana, Peanut Butter, Spirulina

WELLNESS SHOT

WEEK 5 || June 29

Dragonfruit Chia Pudding

dragonfruit, chia seeds, almond milk, mixed berries

Nourish Bowl

quinoa, mixed greens, cucumber, sweet potato, walnuts, avocado, crispy onions, lemon tahini dressing

Southwest Chicken "Poke" Bowl

Warm Quinoa, Sesame Ginger Marinated Chicken, Tomatoes, Black Beans, Corn, Chickpeas, Microgreens, Avocado, Cilantro, Lime + Spicy Mayo

Good to Glow Bowl

kale, quinoa, crispy chickpeas, sun-dried tomatoes, cashews, vegan caesar dressing

Skin Glow Soup

sweet potato, red pepper, carrot, onion, tomato, coconut milk, herbs

Powerball

oats, dates, peanut butter, dark chocolate chips, cinnamon, honey

Glow

cucumber, pineapple, lime, pear, cilantro, jalapeño

Sunshine Dr.

coconut water, turmeric, ginger, lemon, orange, honey

Mermaid Smoothie

pineapple, mango, banana, spirulina, peanut butter

Trippy Hippie Smoothie

strawberry, dragonfruit, pineapple, banana, almond milk, coconut flakes, blue coconut drizzle

WELLNESS SHOT