VIP MEAL PLAN

5-WEEK ROTATION · LATE FALL 2026

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.



EVERY WEEK

1 breakfast — chia pudding or overnight oats
3 salads or quinoa bowls
1 nourishing soup
2 fresh-pressed juices or tea elixirs
2 unblended smoothies
Powerballs (v, gf snack)
Wellness Shot

PRICING

$150 per week

$650 all 5 weeks — save $100

Free delivery
Pickup or delivery every Monday

WEEK 1 OCTOBER 26

TO EAT

Pumpkin Spice Chia Pudding
pumpkin, cinnamon, nutmeg, chia seeds, almond milk, maple syrup

Root to Rise Bowl
warm quinoa, chopped mixed greens, turmeric tahini pulled chicken, maple roasted beets & sweet potato, pumpkin seeds, maple vinaigrette

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

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

Sweet Potato Black Bean Quinoa Chili
sweet potato, black beans, quinoa, tomatoes, onions, spices

TO SIP & SNACK

Doc Away
apple cider, cinnamon, orange, lemon

Get Yo' Greens
apple, cucumber, lemon, ginger, kale

Hudson Valley Smoothie
apple cider, cinnamon, banana

Pumpkin Pie Smoothie
pumpkin, banana, dates, cinnamon, nutmeg, almond milk

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

Wellness Shot
turmeric, ginger, lemon, orange, black pepper

WEEK 2 NOVEMBER 2

TO EAT

Apple Cider Overnight Oats
apple cider, oats, cinnamon, almond milk

Sedona Bowl
warm quinoa, chicken, tomatoes, corn, avocado, cilantro, lime, honey sriracha

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

Autumn Fields Bowl
mixed greens, shredded chicken, pear, dried cranberries, cucumber, walnuts, red onion, hemp seeds, balsamic dressing

Skin Glow Soup
sweet potato, red pepper, carrot, onion, tomato, garlic, coconut milk, puréed

TO SIP & SNACK

Rooted
beet, apple, carrot, lime, ginger

Sunshine Dr.
coconut water, turmeric, ginger, lemon, orange, honey

Indulgent Smoothie
banana, peanut butter, cacao

House Party Smoothie
banana, peanut butter, mixed berries, almond milk, protein powder

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

Wellness Shot
turmeric, ginger, lemon, orange, black pepper





WEEK 3 NOVEMBER 9

TO EAT

Golden Milk Chia Pudding
turmeric, cinnamon, chia seeds, almond milk

Root to Rise Bowl
warm quinoa, chopped mixed greens, turmeric tahini pulled chicken, maple roasted beets & sweet potato, pumpkin seeds, maple vinaigrette

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

Good to Glow Bowl
kale, quinoa, crispy chickpeas, sun-dried tomatoes, cashews, vegan caesar dressing

Moroccan Lentil Soup
lentils, vegetables, spices

TO SIP & SNACK

Doc Away
apple cider, cinnamon, orange, lemon

Electric Feel Juice
pear, pineapple, ginger, lemon, rosemary

Coffee Nut Smoothie
coffee, cacao, banana, cinnamon, chocolate chips, almond milk

Queen Green Smoothie
mango, pineapple, microgreens, avocado, spirulina, lemon, banana, almond milk

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

Wellness Shot
turmeric, ginger, lemon, orange, black pepper

WEEK 4 NOVEMBER 16

TO EAT

Cranberry Orange Overnight Oats
oats, cranberry compote, orange zest, chia seeds, almond milk, maple syrup

Sedona Bowl
warm quinoa, chicken, tomatoes, corn, avocado, cilantro, lime, honey sriracha

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

Sweet Potato Black Bean Quinoa Chili
sweet potato, black beans, quinoa, tomatoes, onions, spices

TO SIP & SNACK

Rooted
beet, apple, carrot, lime, ginger

Immune
carrot, orange, turmeric, ginger, lemon

Hudson Valley Smoothie
apple cider, cinnamon, banana

Mermaid Smoothie
pineapple, mango, banana, spirulina, peanut butter

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

Wellness Shot
turmeric, ginger, lemon, orange, black pepper

WEEK 5 NOVEMBER 23

TO EAT

Cacao + Cinnamon Chia Pudding
cacao, cinnamon, chia seeds, almond milk

Root to Rise Bowl
warm quinoa, chopped mixed greens, turmeric tahini pulled chicken, maple roasted beets & sweet potato, pumpkin seeds, maple vinaigrette

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

Autumn Fields Bowl
mixed greens, shredded chicken, pear, dried cranberries, cucumber, walnuts, red onion, hemp seeds, balsamic dressing

Skin Glow Soup
sweet potato, red pepper, carrot, onion, tomato, garlic, coconut milk, puréed

TO SIP & SNACK

Doc Away
apple cider, cinnamon, orange, lemon

Sunshine Dr.
coconut water, turmeric, ginger, lemon, orange, honey

Pumpkin Pie Smoothie
pumpkin, banana, dates, cinnamon, nutmeg, almond milk

Breakfast Smoothie
banana, peanut butter, cinnamon

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

Wellness Shot
turmeric, ginger, lemon, orange, black pepper



READY TO SIGN UP?

Text Chef Lauren at **845.293.3112** to reserve your spot.
www.chakrabowlscafe.com · @chakrabowls

Menu items may be adjusted based on seasonal ingredient availability and sourcing.