



VIP Meal Plan - 5 Week Rotation

Week 1- September 15th

Cacao + Cinnamon Chia Pudding

cacao, cinnamon, chia seeds, almond milk

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 Caprese Island Bowl

herb pesto wrap with avocado, shredded chicken, tomatoes, mozzarella, red onion, mixed greens, housemade pesto

Healing Bone Broth

slow-simmered bone broth (available pre-order)

Powerball

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

Immune

carrot, orange, turmeric, ginger, lemon

Get Yo' Greens

apple, cucumber, lemon, ginger, kale

House Party Smoothie

banana, peanut butter, mixed berries, almond milk, protein powder

Good Vibes Smoothie

pineapple, strawberry, banana

Week 2- September 22

Banana PB Overnight Oats

banana, peanut butter, oats, almond milk

Strawberry Fields 4E Bowl

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

dressing My Thai Bowl

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

Senorita Bowl

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

Skin Glow Soup

sweet potato, red pepper, carrot, tomato, onion, broth, coconut cream

Powerball

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

Sunshine Dr.

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

Sacred Sunrise

strawberry, pineapple, carrot, lemon, ginger

Indulgent Smoothie

banana, peanut butter, cacao

Hot Yogi Smoothie

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

Week 3- September 28

Golden Milk Chia Pudding

turmeric, cinnamon, chia seeds, almond milk

Caprese Island Bowl

herb pesto wrap with avocado, shredded chicken, tomatoes, mozzarella, red onion, mixed greens, housemade 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

Chicken + Quinoa Stew

chicken, quinoa, vegetables, herbs

Powerball

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

Sacred Sunrise

strawberry, pineapple, carrot, lemon, ginger

Sunshine Dr.

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

Queen Green Smoothie

mango, pineapple, microgreens, avocado, spirulina, lemon, banana, almond milk

Breakfast Smoothie

banana, peanut butter, cinnamon

Week 4- October 5

Apple Cider Overnight Oats

apple cider, oats, cinnamon, almond milk

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

Moroccan Lentil Soup

lentils, vegetables, spices

Powerball

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

Doc Away

apple cider, cinnamon, orange, lemon

Immune

carrot, orange, turmeric, ginger, lemon

Hudson Valley Smoothie

apple cider, cinnamon, banana

Coffee Nut Smoothie

coffee, cacao, banana, cinnamon, chocolate chips, almond milk

Week 5- October 12

Dragonfruit Chia Pudding

dragonfruit, chia seeds, almond milk

Nourish Bowl

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

My Thai Bowl

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

Good To Glow Bowl

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

Sweet Potato Black Bean Chili

sweet potato, black beans, tomatoes, onions, spices

Powerball

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

Immune

carrot, orange, turmeric, ginger, lemon

Get Yo' Greens

apple, cucumber, lemon, ginger, kale

Mermaid Smoothie

pineapple, mango, banana, spirulina, peanut butter

Trippy Hippie Smoothie

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