7 Day Sample Menu

MONDAY

BREAKFAST: QUINOA W/ ALMOND MILK, TOPPED WITH BERRIES AND CHIA SEEDS.

LUNCH: MASON JAR SALAD WITH GRILLED CHICKEN, MIXED GREENS, CHERRY TOMATOES, CUCUMBER, OLIVE OIL & VINEGAR

DINNER: BAKED SALMON WITH PURPLE SWEET POTATO WEDGES AND 2 CUPS STEAMED BROCCOLI.

TUESDAY

BREAKFAST: RAINBOW SMOOTHIE BOWL WITH SPINACH, AVOCADO, BANANA, PINEAPPLE AND PROTEIN POWDER .

LUNCH: VEGGIE WRAPS WITH HUMMUS, SHREDDED CARROTS, CUCUMBERS, SPINACH, PICKLED RED ONION, QUINOA.

DINNER: TACO BOWL W CHICKEN BELL PEPPERS, ONIONS, BLACK BEANS, SALSA, CAULIFLOWER RICE.

WEDNESDAY

BREAKFAST: ARUGULA WITH LEMON TOPPED WITH GRILLED CHICKEN, WALNUTS, POMEGRANATE SEEDS, BLUEBERRIES AND PUMPKIN SEEDS.

LUNCH: LENTIL SOUP

DINNER: GRILLED SHRIMP WITH QUINOA AND ROASTED BRUSSELS SPROUTS.

THURSDAY

BREAKFAST: CHIA SEED ALMOND MILK PUDDING TOPPED WITH MIXED BERRIES,

LUNCH: LENTIL SOUP

DINNER: BONELESS PORK CHOP WITH ROASTED CAULIFLOWER, CHICKPEAS AND RED ONION

FRIDAY

BREAKFAST: QUINOA W/ ALMOND MILK, TOPPED WITH BERRIES AND CHIA SEEDS.

LUNCH: VEGGIE WRAPS WITH HUMMUS, SHREDDED CARROTS, CUCUMBERS, SPINACH, PICKLED RED ONION, QUINOA

DINNER: MUSHROOM/LENTIL BOLOGNESE SUB PASTA W SPAGHETTI SQUASH.

SHOPPING LIST

SATURDAY

BREAKFAST:ARUGULA WITH LEMON GRILLED CHICKEN, WALNUTS, POM SEEDS, BLUEBERRIES AND PUMPKIN SEEDS.

LUNCH: TUNA SALAD LETTUCE WRAP WITH OLIVES, ARTICHOKES, SHALLOTS, OIL AND VINEGAR

DINNER: OUT - FOLLOW THE 3WP PLATE. GRILLED FISH OR OTHER LEAN PROTEIN, SIDE OF STEAMED VEG, PURPLE SWEET POTATO

SUNDAY

BREAKFAST: RAINBOW SMOOTHIE BOWL WITH SPINACH, AVOCADO, BANANA, PINEAPPLE AND PROTEIN POWDER

LUNCH: TUNA SALAD LETTUCE WRAP WITH OLIVES, ARTICHOKES, SHALLOTS, OIL AND VINEGAR

DINNER: ROASTED VEGETABLE MEDLEY WITH OLIVE OIL AND HERBS, SERVED WITH GRILLED STEAK.

*KEEP IT SIMPLE MAKE AN EXTRA DINNER PORTION TO HAVE THE NEXT DAY FOR BREAKFAST OR LUNCH