

# SAMPLE WEEKLY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Green shake: 1 cup coconut water or almond milk, spinach, frozen blueberries and banana (optional-scoop high quality whey protein powder)	1 cup cooked rolled oats, 1 Tbs ground flaxseed, chopped apple, blueberries	1-2 poached or hard boiled eggs, onions, peppers, mushrooms, spinach, 1 slice whole wheat or rye bread	1 cup fat free plain yogurt, berries, teaspoon raw honey to sweeten if desired	Choose any breakfast listed
SNACK	Sliced apple, 15 almonds	Raw vegetables, 2 Tbs hummus	Fat free plain yogurt, seasonal fruit, 1 tsp honey or maple syrup if desired	Green shake	Melon, 1/2 cup low fat cottage cheese
LUNCH	Wild tuna or salmon over mixed greens, onions, tomatoes, red grapes, balsamic vinaigrette	1-2 hard boiled eggs, 1 tsp mayo, greens in whole wheat pita or lettuce wrap	Beans and greens roll up: 1/2 cup beans, carrot, red onion, peppers, leafy greens in whole wheat wrap, seasonal fruit	Nitrate-free turkey wrap, 2 cups greens, mushrooms, onions, tomato, hummus or mustard, whole wheat wrap	Big green salad with lean protein, avocado and lots of vegetables, balsamic vinaigrette or lemon olive oil
SNACK	Green tea, 1 cup plain yogurt, 1/2 cup berries	10 walnuts, orange slices	Banana + 1 Tbs nut butter	Air popped pop corn, sea salt, fruit	Hard boiled egg slices, cucumber rounds, 1/4 avocado, 1 Tbs hummus
DINNER	Home-made <a href="#">black bean burgers</a> , large green salad	Grilled salmon, baked sweet potato fries, broccoli, other greens	Rosemary-lemon chicken breast, salad, asparagus	Quinoa with roasted vegetables, salad	Free meal: lean protein and vegetables
SNACK	2-3 fresh dates	Fresh berries, dollop Greek yogurt	Low sugar sorbet	Piece of dark chocolate	