



	Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)	Weekend Ideas
Morning	Shake	Shake	Shake	Shake	Shake	➤ Marinara Sauce With Spaghetti Squash And Zucchini Salad ➤ Make Lentil Soup Or Vegetable Soup ➤ Cinnamon Baked Apples And Salad ➤ Snacks -Kale Chips
Mid-Morning Snack	Hummus And Snap Peas	Asparagus Fries	Kale Chips	Sweet Potato Fries	Small Pear	
Lunch	Shake	Shake	Shake	Shake	Shake	
	Spinach And Avocado Salad	Greek Cranberry Salad	Lettuce Wraps	Cauliflower Soup And Small Salad With Choice Of Dressing	Cajun Crudites	
Mid-Afternoon Snack	Small Apple	Avocado Dip With Cucumber Slices	Strawberry Coconut Smoothie	Salsa With Veggie Slices	Spinach Smoothie	
Dinner	Shake	Shake	Shake	Shake	Shake	
	Lentils With Tomato And Onion Salad	Tomato Cups And Poached Pears With Blackberries	Ratatouille And A Small Salad With Lemon Mint Dressing	Asian Fusion Salad With Vanilla Poached Pears	Primavera Vegetables With Brown Organic Rice	

"Those who think they have no time for *healthy eating* will sooner or later have to find time for illness." — Modified From: Edward Stanley (1826-1893)