



	Monday (Day 15)	Tuesday (Day 16)	Wednesday (Day 17)	Thursday (Day 18)	Friday (Day 19)	Weekend Ideas
Morning	Shake	Shake	Shake	Shake	Shake	
Mid-Morning Snack	Hummus With Cucumber	Kale Chips	Roasted Brussels Sprouts	Roasted Cauliflower And Broccoli Florets	Sliced Avocados With Red Onions And Tomatoes – Choice of Dressing	➤ Fresh Fruit ➤ Sweet Potato Fries
Lunch	Shake	Shake	Shake	Shake	Shake	➤ Grass Feed Organic Beef.
	Baby Green Salad With Grapefruit Dressing	Mache And Pea Shoot Salad With Chervil Vinaigrette	Fresh Tomato And Avocado Soup	Alice Walters Lentil Salad	Hearty Turkey Soup	➤ Grilled Zucchini
Mid- Afternoon Snack	Kale Chips	Sweet Potato Fries	Roasted Brussels Sprouts	Asparagus Fries	Endive With Hummus	➤ Braised Baby Artichokes With Olives
	Shake	Shake	Shake	Shake	Shake	➤ Fish Creole
Dinner	Portobello Salad With Spicy Mustard Dressing	Salmon With Mint Salsa And Small Salad	Baked Chicken With Tomato, Melon, Cucumber Salad	Tuna Salad	Chicken With Sweet And Sour Sauce	➤ Avocado And Papaya Salad With Lime Dressing

“To eat is a necessity, but to eat intelligent an art.”

— La Rochefoucauld