

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Green Tea Eggs with Kale and Avocado	Crunchy Thai Quinoa Salad with Chicken	An Apple with Nut Butter and a Smoothie	Wild Caught Salmon and Yams
TUESDAY	Green Tea Overnight Oats	Brown Rice Salad with left over Salmon	Frozen Banana Bites and an Energy Ball	Chicken
WEDNESDAY	Green Tea Granola with Almond Milk	Crunchy Chicken Salad	Banana with Nut Butter Electrolyte Drink	Lemony Chicken Soup
THURSDAY	Green Tea Chia Pudding with Nut Butter and Fruit	Lentil Salad	Muffin and a Smoothie	Whole Grain Pasta with Tomato Cashew Pesto
FRIDAY	Green Tea Avocado Toast	Farro Salad	Carrots and Hummus Electrolyte Drink	Chicken Toastadas
SATURDAY	Green Tea Overnight Oats	Cherry Pineapple Quinoa Salad	Avocado with Lemon Pepper	Breakfast for Dinner
SUNDAY	Green Tea Poached Eggs with Avocado and Nitrate free Bacon	Baked Sweet Potato with Avocado, and Bacon	Muffin or Smoothie	Steak and BBQ Baked Beans