



YOUR HEALTHY

SUGGESTED MEALS

WEEK ONE

WEEKLY MEALS MADE EASY

Here are your suggested meals for the week to make planning easy as 1-2-3.

PLEASE NOTE: Dressings, snacks, protein balls, dips, toppings, drinks, and desserts are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea

THIS WEEK'S PLAN MEALS AT A GLANCE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Avocado Toast	Orange Smoothie	Scrambled Eggs w/ Kale and Onions	Mango Smoothie	Strawberry Granola Bowl	Scrambled Eggs w/ Kale and Onions	Avocado Toast
Healthy Sandwich	Simple Salad	Simple Wrap	Mason Jar Salad	Vitality Salad	Healthy Sandwich	Simple Salad
Burger Night with Salad and French Fries	Kale Sauté with Brown Rice and Salad	Risotto with Roasted Broccoli	Mexican Fun Night with Corn on the Cob	Kale Sauté with Brown Rice and Salad	Swiss Chard with Cauliflower Rice	Burger Night with Salad and French Fries