



YOUR HEALTHY

SUGGESTED MEALS

WEEK TWO

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
Orange Smoothie	Scrambled Eggs w/ Kale and Onions	Strawberry Granola Bowl	Avocado Toast	Mango Smoothie	Scrambled Eggs w/ Kale and Onions	Strawberry Granola Bowl
Mason Jar Salad	Simple Wrap	Vitality Salad	Healthy Sandwich	Mason Jar Salad	Simple Wrap	Simple Salad
Mexican Fun Night with Corn on the Cob	Risotto with Roasted Broccoli	Swiss Chard with Cauliflower Rice	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