



YOUR HEALTHY

# SUGGESTED MEALS

WEEK THREE

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