



YOUR HEALTHY

SUGGESTED MEALS

WEEK FOUR

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