

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday Day 1	Quinoa Berry Breakfast Bowl	Grilled Chicken Salad	Honey Mustard Salmon with roasted vegetables (Brussel sprouts, zucchini and sweet potato)	Hummus with your choice of veggies, handful of pumpkin seeds
Tuesday Day 2	Quinoa Berry Breakfast Bowl	Sweet Potato Quinoa Salad	Tomato and Artichoke Chicken	Chia Bowl , almond butter with 1/2 apple
Wednesday Day 3	Green Protein Smoothie	Green Protein Smoothie	Tomato and Artichoke Chicken	Cranberry Almond Bites , Hummus with your choice of veggies
Thursday Day 4	Quinoa Berry Breakfast Bowl	Egg Roll in a Bowl	Curry Lentil Stew (make a double batch of this for next week)	Cranberry Almond Bites , Hummus with your choice of veggies
Friday Day 5	Overnight Berry Oats	Sweet Potato Quinoa Salad	Salmon Stir Fry	Turkey/lettuce rolls, boiled egg
Saturday Day 6	Overnight Berry Oats	Curry Lentil Stew	Salmon Stir Fry	3 Ingredient Oatmeal Cookies , turkey lettuce rolls
Sunday Day 7	1 egg/2 egg white scramble (or 1 egg 'fried') with onions and sliced tomatoes	Chicken, Quinoa and Avocado Salad	Cabbage Soup (double batch and freeze for next week)	3 Ingredient Oatmeal Cookies , almond butter with celery sticks