

Daily Meals

- ⇒ **Breakfast**
- ⇒ **Snack 1**
- ⇒ **Lunch**
- ⇒ **Snack 2**
- ⇒ **Dinner**

Breakfast: Pick 1

Breakfast *noun* [break·fast\`brek·fəst] The first meal of the day, especially when taken in the morning. The word refers to breaking the fasting period of the prior night.

Required Daily: Smoothie (drink throughout the day)

- 3 handfuls spring mix greens
- 2 cups water
- 2 apples, cored, quartered
- 1 banana, peeled
- 1 1/2 cups frozen strawberries
- 2 stevia packets (if desired for sweetness)
- 2 tablespoons ground flaxseeds

**** Put leafy greens & water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.****

Option 1: 1/2 Cup Rolled Oats topped with 1 teaspoon maple syrup

OR

Option 2: 2 Hard Boiled Eggs

Snacks

Snack *noun* [snak] A small amount of food eaten between meals.

Morning Snack

- 1 Scoop of Shakeology and water or milk (cow's, plant, or nut)

OR

- 1 Scoop of Whey or Plant-Based Protein

Afternoon Snack

- 10 raw, unsalted almonds
- daily smoothie (continued from the morning)
- 1 cup grapes OR 1/2 grapefruit

Lunch: Pick 1 Main & 2 Sides

Lunch *noun* [lʌn(t)SH] a meal eaten in the middle of the day, typically one that is lighter or less formal than an evening meal

MAIN: Chicken Breast **OR** Salmon **OR** 2 cups Lentil Soup (See Recipe Document)

Side Option 1: 1/2 sweet potato (with tsp maple syrup if desired)

Side Option 2: 2 cups broccoli

Side Option 3: 2 cups of cauliflower

Dinner: Pick 1 Main & 2 Sides

Dinner *noun* ['dɪnər] the main meal of the day, taken either around midday or in the evening.

MAIN: Chicken Breast **OR** Salmon **OR** 2 cups Lentil Soup (See Recipe Document)

Side Option 1: 1/2 sweet potato (with tsp maple syrup if desired)

Side Option 2: 2 cups broccoli

Side Option 3: 2 cups of cauliflower

Side Option 4: 2 cups green beans

Side Option 5: 1 cup steamed asparagus