

# SAMPLE MEAL PLAN

## DAY 1

### Meal 1:

Ezekiel cereal with fruit, original or almond  
1 piece of fruit  
Low glycemic green smoothie 12 ounces

### Meal 2:

Big salad with as many veggie toppings as possible with choice of approved dressings  
Apple or other fruit of choice  
Low G Smoothie 12 ounces

### Meal 3:

Burrito Bowl w/beans, veggies and small amount of rice  
Medium salad with approved dressings  
Choice of Berries 2/3 cup  
Unsweetened herbal tea of choice

## DAY 2

### Meal 1:

1 cup of berries of choice and 2 other fruits  
1/2 cup steamed edamame  
Low glycemic green smoothie 12 ounces

### Meal 2:

Medium salad with as many toppings with choice of approved dressings  
steamed or baked potato and roasted veggies  
fruit of choice  
Low G green smoothie 12 ounces

### Meal 3:

Jackfruit and vegetable soup  
Arugula Salad  
1 cup of berries of choice  
Unsweetened herbal tea of choice

## DAY 3

### Meal 1:

Steel cut oats w/ 2 prunes and 4-5 walnut halves  
Fruit of choice  
Green smoothie 12 ounces

### Meal 2:

Three bean chili, large side of roasted veggies  
Choice of fruit  
Low G green smoothie 12 ounces

### Meal 3:

Portabella steak, 1/2 serving  
Gazpacho  
Choice of berries, 1 cup  
Unsweetened herbal tea of choice

## DAY 4

### Meal 1:

Raw veggie Platter w/ ACV Dressing  
1/2 serving of berry sorbet  
1 piece of fruit  
Green smoothie 12 ounces

### Meal 2:

Indian Lentil Soup  
Side of broccoli sautee and side salad  
Low G green smoothie 12 ounces

### Meal 3:

Quinoa with vegetables, small portion  
Golden beet salad  
Choice of berries, 1 cup  
Unsweetened herbal tea of choice

## DAY 5

### Meal 1:

Unsweetened plant-based yogurt  
Chia seed pudding  
Piece of fruit  
Green smoothie 12 ounces

### Meal 2:

Big salad with as many toppings as possible with choice of approved dressings  
Small serving of soup  
Low G green smoothie 12 ounces

### Meal 3:

Tacos(romaine lettuce or dinosaur kale) with black beans, veggies and pico berries of choice  
Unsweetened herbal tea of choice

## DAY 6

### Meal 1:

Overnight oats(soaked w/unsweetened plant-based milk and berries  
Pear or fruit of your choice  
Green smoothie 12 ounces

### Meal 2:

Mexican bean soup, small salad  
Apple(do not peel) or other similar fruit  
Low G green smoothie 12 ounces

### Meal 3:

Asian bowl with lots of veggies, small amt of tofu & small amount of grains  
1 serving of berries of your choice  
Unsweetened herbal tea of choice

## DAY 7

### Meal 1:

Old fashioned oats with sliced almonds  
1/2 cup chia seed pudding  
Green smoothie 12 ounces

### Meal 2:

Salad w/ lots of veggie toppings  
Lentil pasta with lots of veggies  
Choice of fruit  
Low G green smoothie 12 ounces

### Meal 3:

Indian mixed vegetable and bean soup  
Golden Beet Salad  
Berries of choice  
Unsweetened herbal tea of choice

## DAY 8 - DAY 14

**START WITH DAY 1  
AGAIN AND REPEAT  
FOR 7 DAYS**