



WEEK 1 MEAL PLAN

	MONDAY Detox Day	TUESDAY Detox Day	WEDNESDAY Detox Day	THURSDAY	FRIDAY Workout	SATURDAY Workout	SUNDAY
Pre-Workout Snack	Apple		Apple		½ or whole banana	½ or whole banana	
Breakfast	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	T R	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms, ½ cup of fruit
Snack	Water	Water	Water	1 hard boiled egg, ¼ cup raw nuts	3 stalks of celery 2 Tbsp. Almond butter	E A	2tbs. hummus, 1-2 cups carrots/celery/cucumbers
Lunch	2 cups sliced vegetables 1 cup fruit	2 cups sliced vegetables	2cups sliced vegetables 1 cup fruit	3-4 oz chicken breast over salad greens & vegetables 1 Tbs. dressing	Egg salad – 4 eggs (2egg whites) 1 tsp. Dijon mustard & 1 tsp. olive oil 2 sl. Ezekiel bread	T D	2 cups Mixed green salad 1 cup mixed vegetables 1 Tbs. Dressing ¼ cup nuts
Snack	Water	Water	Water	¼ cup of cottage cheese ½ peach	apple	A	Green Smoothie
Dinner	Green salad Lemon squeezed for dressing w/ lots of veggies	Lettuce wrap with 1-2 cups of vegetables or green smoothie	Green salad Lemon squeezed for dressing w/ lots of veggies	Protein shake with water	Wild fish (salmon) ¼ cup brown rice 1 cup of broccoli/cauliflower	Y !	3-4 oz chicken breast 1-2 cups broccoli
NOTES	Optional: EFA before bed or ½ in the AM and ½ in the PM Water – ½ body weight in ounces everyday! No iceberg lettuce Pre-Workout snack is for clients who exercise in the morning						