

SAMPLE FLEXIBLE MEAL PLAN

BREAKFAST

You Choose



CUCUMBER KALE AVOCADO SMOOTHIE

INGREDIENTS: AVOCADO, CUCUMBER, APPLE, KALE, VANILLA PROTEIN POWDER, MCT OIL (OR COCONUT OIL).



KIWI COCONUT MILK YOGURT

INGREDIENTS: COCONUT MILK YOGURT, SLICED KIWI, FLAXSEED (OR SEEDS FROM SEED CYCLING).



SPINACH AND MUSHROOM, EGG WHITE OMELETTE

INGREDIENTS: EGG WHITES, SPINACH, MUSHROOM, GARLIC, AND ONION. SERVE WITH A SIDE OF BERRIES.



SCRAMBLED EGG WHITES

INGREDIENTS: EGG WHITES, CHOPPED ASPARAGUS, BABY SPINACH, GARLIC, AND OREGANO. TOP WITH BROCCOLI SPROUTS.



COCONUT MILK YOGURT WITH BERRIES AND POMEGRANATE

INGREDIENTS: PLAIN COCONUT MILK YOGURT, BERRIES OF CHOICE, GROUND FLAX SEED, UNSWEETENED COCONUT SHREDS, AND POMEGRANATE SEEDS



HEARTY SMOOTHIE

INGREDIENTS: FULL FAT COCONUT MILK, HANDFUL BABY SPINACH, 1/4 CUP BERRIES, 1/2 BANANA, 1/2 AVOCADO, GROUND CINNAMON.



GREEN SMOOTHIE

INGREDIENTS: FROZEN MANGO, FROZEN PEACHES, KALE, COCONUT MILK, FRESH GINGER, CINNAMON, HONEY.



COCONUT FLOUR PANCAKES

INGREDIENTS: COCONUT FLOUR, FLAXSEED EGGS (OR DOUBLE EGG WHITES RATHER THAN WHOLE EGGS), OLIVE OIL, MAPLE SYRUP, BAKING POWDER, VANILLA EXTRACT, SEA SALT. TOP WITH BERRIES.

SAMPLE FLEXIBLE MEAL PLAN

LUNCH/DINNER

You Choose



SHREDDED CHICKEN SALAD

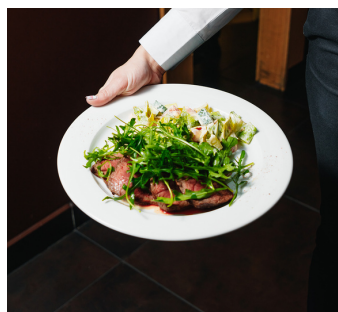
INGREDIENTS: ORGANIC BAKED CHICKEN OVER BABY SPINACH WITH AVOCADO, SHREDDED CARROTS, POMEGRANATE SEEDS, OLIVE OIL, AND SALT.



SALMON AND GREENS

INGREDIENTS: BAKED SALMON WITH LEMON, PEPPER, AND PINK HIMALAYAN SALT. SERVE WITH SAUTÉED ASPARAGUS IN AVOCADO OIL WITH MINCED GARLIC AND A SIDE OF ARUGULA WITH OLIVE OIL AND LEMON. TOP WITH BROCCOLI SPOUTS.

NO TOMATOES



ARUGULA SALAD WITH GRASS FED STEAK,

INGREDIENTS: ARUGULA, GRASS FED COOKED STEAK, GREEN PITTED OLIVES, SHREDDED CARROTS, LEMON JUICE, OLIVE OIL, PINK HIMALAYAN SALT.



SHREDDED CHICKEN SALAD

INGREDIENTS: SHREDDED CHICKEN (COOK WITH BONE BROTH, TURMERIC, CUMIN, PEPPER, AND OLIVE OIL). SERVE OVER BABY SPINACH, ONIONS, AND AVOCADO WITH A SIDE OF BERRIES.



BUTTERNUT SQUASH SOUP

INGREDIENTS: YELLOW ONION, BUTTERNUT SQUASH, SWEET POTATOES, APPLE, GROUND CINNAMON, NUTMEG, SALT, PEPPER, AND BONE BROTH. SERVE WITH A SIDE SALAD ARUGULA, ROASTED BEETS, SHREDDED CARROTS, AND OLIVE OIL.



BAKED SALMON WITH BROCCOLI AND SWEET POTATO

INGREDIENTS: SALMON FILLETS, ROSEMARY SPRINGS, LEMONS, OLIVE OIL, SALT, BLACK PEPPER, GARLIC, OREGANO AND TURMERIC. SERVE WITH STEAMED BROCCOLI OR CAULIFLOWER AND A SWEET POTATO.



LAMB CHOPS (YOU CAN ALSO USE GRASS FED STEAK).

INGREDIENTS: LAMB OR RIB CHOPS, GARLIC, ROSEMARY, SALT, PEPPER, LEMON AND OLIVE OIL. SERVE WITH SAUTÉED ASPARAGUS WITH AVOCADO OIL AND MINCED GARLIC AND STEAMED RICED CAULIFLOWER (CAN BUY THIS FROZEN).



GARLIC SHRIMP

INGREDIENTS: SAUTÉED SHRIMP IN AVOCADO OIL, OREGANO, GARLIC, AND SALT. SERVE OVER STEAMED BROCCOLI AND A BAKED SWEET POTATO.