


	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
BREAKFAST	Strawberry Banana Smoothie w/milled flaxseed, chia seeds, & kale. Hard boiled egg.	Porridge made of cooked pearl barley, wild rice, & steel cut oats. Topped with dried cranberries & nuts.	Egg white omelette w/Veggie Salsa* (see week 1) topped w/sliced avocados.	Leftover porridge. Topped w/dried fruit & nuts.	Green juice, cottage cheese, half a grapefruit. One slice Ezekiel toast.	Steel cut oats mixed w/flaxseed & cinnamon. Top w/blackberries & walnuts. One slice of Ezekiel toast.
LUNCH	Salad of mixed greens w/corn, black beans, & sliced jalapenos. Top with sliced tenderloin or chicken. Cilantro-Lime Dressing*.	Shred leftover turkey breast over romaine lettuce. Top w/shredded carrots, dried cranberries, cinnamon, & chopped walnuts. Dressing-apple cider vinegar & extra virgin olive oil w/salt & pepper.	Tuna w/diced celery, onion, any color bell pepper, diced water chestnuts, corn, olive oil mayo, salt, pepper, turmeric, & cayenne pepper. Make a sandwich w/2 slices of Ezekiel bread. Sliced honeydew.	Leftover tofu "fried" rice.	Use remaining tuna in sandwich or nori wrap or lettuce wrap. Fruit of your choice.	Salad of baby greens, dandelion greens, chopped broccoli, cherry tomatoes, diced celery, sliced almonds. Cilantro-Lime Dressing*.
DINNER	Turkey breast w/salt, & pepper baked w/chopped garlic, onion, sliced zucchini, Italian squash, extra virgin olive oil, & juice of one lemon. Served over wild rice. Side salad.	Pan seared halibut seasoned w/salt & pepper. Over red quinoa mixed w/sauteed cherry tomatoes, onions, garlic, & spinach. Top w/fresh chopped parsley. Side salad.	Saute chopped firm tofu, chopped garlic, white part of green onion (chopped), red bell pepper in sesame oil. Add cooked white rice, corn, shelled edamame. Cook a scrambled egg in middle of mixture. Top w/chopped cilantro & sliced almonds.	Meatballs from ground turkey or beef w/quinoa spaghetti. Roasted Tomato Sauce* (roasted tomatoes, carrots, celery, onion, garlic, salt, pepper, turmeric, Italian seasoning). Side salad.	Butternut squash (peeled & sliced 2 in thick) placed in baking dish. Top with extra virgin olive oil, minced garlic, & parmesan cheese. Bake til soft. Top w/chopped parsley. Side salad.	Leftover spaghetti. Side salad.
SNACKS	Ezekiel bread w/almond butter, celery sticks, and green juice.	Grapes, Nut Thin crackers, almonds, and goat cheese.	Greek yogurt w/granola. Half a grapefruit.	Half an avocado, cherry tomatoes, and veggie chips.	Triscuit rice crackers w/hummus, sliced red bell pepper, & celery sticks.	Blueberry Banana Smoothie w/milled flaxseed. Celery & almond butter.
						

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Strawberry Banana Smoothie w/milled flaxseed, chia seeds, & kale. Hard boiled egg.	Porridge made of cooked pearl barley, wild rice, & steel cut oats. Topped with dried cranberries & nuts.	Egg white omelette w/Veggie Salsa* (see week 1) topped w/sliced avocados.	Leftover porridge. Topped w/dried fruit & nuts.	Green juice, cottage cheese, half a grapefruit. One slice Ezekiel toast.	Steel cut oats mixed w/flaxseed & cinnamon. Top w/blackberries & walnuts. One slice of Ezekiel toast.	Ezekiel tortilla w/scrambled eggs, diced celery, carrots, spinach, & mozzarella.
LUNCH	Salad of mixed greens w/corn, black beans, & sliced jalapenos. Top with sliced tenderloin or chicken. Cilantro-Lime Dressing*.	Shred leftover turkey breast over romaine lettuce. Top w/shredded carrots, dried cranberries, cinnamon, & chopped walnuts. Dressing-apple cider vinegar & extra virgin olive oil w/salt & pepper.	Tuna w/diced celery, onion, any color bell pepper, diced water chestnuts, corn, olive oil mayo, salt, pepper, tumeric, & cayenne pepper. Make a sandwich w/2 slices of Ezekiel bread. Sliced honeydew.	Leftover tofu "fried" rice.	Use remaining tuna in sandwich or nori wrap or lettuce wrap. Fruit of your choice.	Salad of baby greens, dandelion greens, chopped broccoli, cherry tomatoes, diced celery, sliced almonds. Cilantro-Lime Dressing*.	Leftover butternut squash, add shredded or chopped chicken. Pluot or small bowl of mixed berries.
DINNER	Turkey breast w/salt, & pepper baked w/chopped garlic, onion, sliced zucchini, Italian squash, extra virgin olive oil, & juice of one lemon. Served over wild rice. Side salad.	Pan seared halibut seasoned w/salt & pepper. Over red quinoa mixed w/sauteed cherry tomatoes, onions, garlic, & spinach. Top w/fresh chopped parsley. Side salad.	Saute chopped firm tofu, chopped garlic, white part of green onion (chopped), red bell pepper in sesame oil. Add cooked white rice, corn, shelled edamame. Cook a scrambled egg in middle of mixture. Top w/chopped cilantro & sliced almonds.	Meatballs from ground turkey or beef w/quinoa spaghetti. Roasted Tomato Sauce* (roasted tomatoes, carrots, celery, onion, garlic, salt, pepper, turmeric, Italian seasoning). Side salad.	Butternut squash (peeled & sliced 2 in thick) placed in baking dish. Top with extra virgin olive oil, minced garlic, & parmesan cheese. Bake til soft. Top w/chopped parsley. Side salad.	Leftover spaghetti. Side salad.	Baked potato stuffed w/sauteed garlic, onion, sliced zucchini, fennel, Italian squash, celery & carrots, salt, pepper, & Italian seasoning. Drizzle extra virgin olive oil. Side salad.
SNACKS	Ezekiel bread w/almond butter, celery sticks, and green juice.	Grapes, Nut Thin crackers, almonds, and goat cheese.	Greek yogurt w/granola. Half a grapefruit.	Half an avocado, cherry tomatoes, and veggie chips.	Triscuit rice crackers w/hummus, sliced red bell pepper, & celery sticks.	Blueberry Banana Smoothie w/milled flaxseed. Celery & almond butter.	Two hard boiled eggs, grapes, and medium orange.
