

Menu Plan: Week One

MEAL	Day 1 & 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Core Support Smoothie	Mixed Berry Core Support Smoothie	Fruit and Quinoa Mélange	Chocolate Banana Smoothie	Rice cake with almond butter and blueberries	Mixed Berry Core Support Smoothie
Lunch		Easy Chicken Salad (roast chicken the night before)	Leftover Pot Roast with root vegetables	Leftover bunless grass fed burger and veggies	Leftover flank steak salad	Easy one pot soup
Dinner	Core Support Smoothie	Pot Roast with root vegetables	Bunless grass fed burger with sautéed veggies	Flank steak and vegetable stir fry	Spaghetti squash with Marinara Sauce with leftover burger crumbles	Roasted Organic Herb Chicken and vegetables
Core Support		Core Support Smoothie in pm	Core Support Smoothie in am & pm	Core Support Smoothie in pm	Core Support Smoothie in am & pm	Core Support Smoothie in pm
Snack (optional)		Hummus and vegetable sticks	Rice cake with almond butter	Cinnamon Raisin Delight	Cinnamon Raisin Delight	Hummus and vegetable sticks