

Week 2	Wake 6:30 AM	1 Hr. Later 7:30 AM	Breakfast 8:00AM	Snack 9:00 AM- 11:00AM	Lunch 12:00 PM	Snack 2:00 PM - 4:00PM	Dinner 6:00 PM
Monday	Lemon Water w/ ACV	Dandelion Tea	Berry Shake: -1/2 c. (Kefir/Plain Greek/ Scoop of Protein) - 1/2 c. of water. - 1/2 c. of Almond milk - 1/4 c. blueberries - 1/2 banana - 1/4 c. of spinach <u>OR</u> kale <u>OR</u> 1 scoop of Spring of Life greens	1/2 c. of cottage cheese 1/4 c. of sliced cucumber Mix together or eat separate	Chicken Or Shrimp Salad - 1/2 c. Spinach or Kale - 1 tsp. EV Olive Oil - Juice from 1 Lemon - 1 Pear (Diced) - 1/2 c. Chicken (chopped or Shrimp) <u>Vegetarian:</u> : 3 Tbsp. Hemp OR Chia Seeds	Peanut Butter Bites: *Recipe on bottom pages - Eat 2 for a snack - Dandelion Tea	Veggie and Hummus: - 1 Large Romaine Leaf - 1/4 c. Hummus Dip * - 1/3 c. Baby Greens 4 slices of cucumber - 1/2 c. cooked Quinoa - 1 sliced bell pepper (any color). Mix all together and make a lettuce wrap!
	Lemon Water w/ ACV	Dandelion Tea	Egg Scramble: - 2 eggs - 1/4 c. of peppers - Onions (to taste) - 1/4 c. black beans - 1/4 c. Spinach - 1/4 c. Cilantro (opt.) - 1/4 c. Strawberries - Dollop of greek yogurt Cook veggies in coconut oil. Add eggs and beans. Top with cilantro and yogurt. - 1/4 c. strawberries on side	- 1/2 c. of Kefir mixed w/ 1 tsp. of Stevia or Raw Honey - 1/2 tsp. of cinnamon - 1/4 c. of spinach Blend! Add vanilla or mint extract (opt)	Chicken Basil Stir-Fry: - 4 oz. cubed chicken - 1 small Serrano pepper (minced) - 2 Tbsp. Pad Thai Sauce * - 1/4 c. cubed zucchini - 1/4 c. red bell pepper Cook all(except sauce) in pan with 1 tsp. EV olive oil. Once chicken is cooked, add sauce. If you want, top with fresh basil - 1/2 c. of any fruit on side	- 2 broiled eggs - 1 slice of Ezekiel bread with almond or peanut butter sprinkled w/ cinnamon - Dandelion Tea	Pasta: - 1/2 c. Brown rice pasta or Quinoa (Pre-prepared) - 3 oz. cooked chicken (cubed) - 2 Tbsp. Fresh Lemon Juice - 1/2 tsp. EV Olive Oil - 1/2 c. chopped basil - 1/2 organic mushrooms Saute mushrooms and chicken in olive oil. Place on pasta and top with basil and lemon juice!
	Lemon Water w/ ACV	Dandelion Tea	Pancakes: 2 Egg Whites, 1/2 Mashed Banana, 1 tsp. cinnamon, 2 Tbsp. Water, and 4 Tbsp. Almond Flour Mix together and cook in a skillet heated to medium heat. 1/4 c. of veggies on side	*Veggie Dip (Recipe on bottom page) - 1/4 c. of sliced celery	Romaine Southwest Wrap: - 1 Large Romaine Leaf - 1/2 c. shredded lettuce - 1/3 c. of black beans - 1/2 c. cooked chicken (opt) - 1/8 c. diced red onion & cilantro - 1 Tbsp. Salsa - Lime to Taste	- 1/2 c. of cottage cheese & Sprinkle with cinnamon (opt) - 1/2 c. of cooked Quinoa - Use sea salt & pepper (for savory) <u>OR</u> cinnamon and stevia (for sweet)	Teriyaki Salmon (or Chicken): - 1/4 c. of Tamari - 1/4c. Dry Sherry - 1 Tbsp. of Coconut Oil - 1 Tbsp. Fresh or Powder Ginger - 2 Cloves of Garlic Mix and marinate 3 oz. of salmon for 2 hours in fridge. Broil 3-4 mins on each side in oven. - 1/2 steamed asparagus & 1/2 c. of