



Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Power Porridge	Very Berry Smoothie	Green Smoothie	Power Porridge	Very Berry Smoothie	Green Smoothie	Power Porridge
<b>Morning Snack</b>	5 Celery Sticks 1 Tbs Hummus 1 Brazil Nut	5 Baby Carrots 2 Tbs Black Beans & 1 Tbs Salsa  1 tsp Sunflower Seeds & 1 Brazil Nut	5 Celery Sticks 1 Tbs Hummus 1 Brazil Nut	5 Baby Carrots 2 Tbs Black Beans & 1 Tbs Salsa  1 tsp Sunflower Seeds & 1 Brazil Nut	5 Celery Sticks 1 Tbs Hummus 1 Brazil Nut	5 Baby Carrots 2 Tbs Black Beans & 1 Tbs Salsa  1 tsp Sunflower Seeds & 1 Brazil Nut	5 Celery Sticks 1 Tbs Hummus 1 Brazil Nut
<b>Lunch</b>	Asian Stir-Fry Grilled Pear <i>Stir-fry with pickled carrots and cauliflower</i>	Tandoori Kabob  Black-Bean Tomato-Cilantro Medley	Flamenco Salad  Avocado Dressing	Grilled Portobello  Tofu Fries	Quinoa & Bean Stir-Fry	Thai Stir-Fry	Mustard-Lemon Pasta
<b>Afternoon Snack</b>	1 Medium Peach	1 Medium Nectarine	1 Medium Peach	1 Medium Nectarine	1 Medium Peach	1 Medium Nectarine	1 Medium Peach
<b>Dinner</b>	Tandoori Kabob  Black-Bean Tomato-Cilantro Medley	Flamenco Salad  Avocado Dressing	Grilled Portobello  Tofu Fries	Quinoa & Bean Stir-Fry	Thai Stir-Fry	Weeknight Hodgepodge	Mexican Fiesta Bowl
<b>Night Snack</b>	8 oz Almond Milk	8 oz Almond Milk	8 oz Almond Milk	8 oz Almond Milk	8 oz Almond Milk	8 oz Almond Milk	8 oz Almond Milk

Our nutritional analysis is based on the meals above, plus two cups of lightly packed spinach, one tablespoon of lemon juice, and a ¼ teaspoon of Braggs nutritional yeast each day. Sprinkle the nutritional yeast over the meal of your choice. Spinach (or other leafy greens) can be eaten as a salad each day, or added to a smoothie or soup. Once a week, whip up a fat-free dressing so it's ready for that week's salads. Lemon juice helps you absorb the iron in greens. You can drink green tea, herbal tea, iced tea, or water with lemon or mint anytime.

A daily glass of fortified almond or rice milk helps you get more calcium, Vitamin D, E, and B12. Some brands are fortified with Vitamin E, others with B12. So rotate between different fortified "milks". You can drink unsweetened green tea, herbal tea, iced tea, or water with lemon or mint anytime. "Celery sticks" are four inches in length.