

Breakfast

Snacks

Lunch

Dinner

<p>Mind: Meditation 5 minutes Inspiration: Hayhouseradio.com Body: Ran 3 miles <u>Green Detox Smoothie</u></p> <p>1 cup filtered water 1c greens 1 carrot chopped 1 celery stalk ¼ cucumber peeled ½ apple cored 1 scoop Sunfood Organic Pea Protein 1 tbsp lemon juice 1 t. Flax Seed</p> <ul style="list-style-type: none"> • Essential Fatty Acid “GOOD FAT” • High in Fiber <p>1 t. Chia Seeds</p> <ul style="list-style-type: none"> • Stabilizes sugar • Improves brain function • Aids weight loss • Reduces inflammation • Aids digestion 	<p><u>AM Snack</u> Skipped 8 oz water</p> <p>NUTRITIONAL INFO</p> <p><u>PM Snack 3-4</u> <u>PM</u> 1 bag Smart Popcorn ½ banana</p> <p>NUTRITIONAL INFO Cal. 205 Protein 4g Carbs 24g Fats 10 g Sugars 8g Sod. 291mg</p>	<p><u>Tuna Salad</u> 1 can Safe Albacore Tuna 1 stalk celery chopped 2 cups greens ½ avocado Add any extra veggies Dressing</p> <ul style="list-style-type: none"> • Juice 1 Tbsp Lemon • 1 tsp Olive Oil • 1 Tbsp. Rice Wine Vinegar 	<p><u>Salmon Roasted Cauliflower</u> 4 oz. Grilled Salmon 1 tsp. unsalted butter 1 tsp lemon juice 1 c Roasted Cauliflower Sliced garlic, parmesan cheese, salt pepper Recipe: allrecipes.com/roasted cauliflower 2 cups Greens ¼ c Diced Tomatoes ½ c Diced Cucumbers ½ Carrot shredded 1 Celery Stalk Chopped Salad Dressing: 1 Tbsp Olive Oil 1 Tbsp. Rice Wine Vinegar</p>
<p>NUTRITIONAL INFO Cal. 303 Protein 28g Carbs 29g Fats 7g Sugars 13g Sod. 340mg</p>	<p>REMINDERS Keep your water intake up!</p>	<p>NUTRITIONAL INFO Cal. 354 Protein 32g Carbs 13g Fats 21g Sugars 5g Sod. 424mg</p>	<p>NUTRITIONAL INFO Cal. 523 Protein 44g Carbs 44g Fats 25g Sugars 22g Sod. 600 mg</p>

Shopping List

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|---|--------------------|--------------------------------------|-------------------|--------|
| <input type="checkbox"/> 1 filtered water | Greens | Olive oil | Carrots | Celery |
| <input type="checkbox"/> Cucumber | Apple | Sunfood Organic Pea Protein (Raleys) | | |
| <input type="checkbox"/> Lemon | Flax | Chia | Smart Popcorn | |
| <input type="checkbox"/> Banana | Safe Albacore Tuna | Avocado | Rice Wine Vinegar | |
| <input type="checkbox"/> Salmon | Butter | Lemon | Cauliflower | |
| <input type="checkbox"/> Garlic | Parmesan | Tomatoes | | |