

## DAY 1

b:BERRY-COCONUT SMOOTHIE
S: one pear, large
L: White bean and veggie salad
S:ONE APPLE, MEDIUM, TWO TABLESPOONS PUMPKIN SEEDS D: SPICED GRILLED CHICKEN WITH CAULIFLOWER RICE tabbouleh, cucumber and avocado salad

## DAY 2

B: BERRY-COCONUT SMOOTHIE
S: PUMPKIN SEEDS [QUARTER CUP)
L: MEAL-PREP VEGAN MOROCCAN LETTUCE WRAPS
S: DELI TURKEY
D: ROASTED VEGETABLE AND black bean tacos, CuCumber and avocado SALAD

## DAY 3

B: OLD-FASHIONED OATMEAL, BLUEBERRIES CQUARTER CUPJ, PUMPKIN SEEDS, TWO TABLESPOONS
S: ONE BANANA, MEDIUM
L: MEAL-PREP VEGAN MOROCCAN LETTUCE WRAPS
S: ONE APPLE, MEDIUM, SUNFLOWER BUTTER, TWO TABLESPOONS
D: BRAISED CHICKEN THIGHS WITH ORANGE, OLIVE, AND FENNEL, COOKED QUINOA, HaLF CUP

## DAY 4

B: OLD-FASHIONED OATMEAL, BLUEBERRIES, IUARTER CUP, PUMPKIN SEEDS, TWO TABLESPOONS
S: ONE PEAR, large
L: MEAL-PREP VEGAN MOROCCAN LETtUCE WRAPS
S: PUMPKIN SEEDS, A QUARTER CUP
D: CHICKEN AND QUINOA BUDDHA BOWL

DAY 5<br>B: BERRY-COCONUT SMOOTHIE<br>S: ONE APPLE, MEDIUM, PUMPKIN SEEDS, A QuARTER CUP<br>L: MEAL-PREP VEGAN MOROCCAN LETtUCE WRAPS<br>S: DELI TURKEY<br>D: MEDITERRANEAN CABBAGE SOUP, GUACAMOLE CHOPPED SALAD

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DAY 6
b: berry-coconut smoothie
S: ONE APPLE, MEDIUM, QUARTER CUP
PUMPKIN SEEDS
L: mediterranean cabbage soup, one
baNANA, mEDIUM
S: ONE PEAR, large
D: GRILLED CHICKEN TACO SALAD
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DAY }
B: OLD-FASHIONED OATMEAL, blUEBERRIES, A
QUARTER CUP, PUMPKIN SEEDS, TWO
TABLESPOONS
S: ONE bANANA, mEDIUM, SUNFLOWER bUTTER,
TWO TABLESPOONS
L: mediterranean cabbage soup, one
bANANA, MEDIUM
S: ONE PEAR, lARGE
D: ShEET PAN StEAK FAJITAS
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