

MONDAY	TUESDAY	WEDNESDAY
<p><b>BREAKFAST:</b> <i>Pancakes with Almond Butter &amp; Jam:</i> 4 Green Banana Pancakes (p. 78; save leftovers) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p><b>SNACK:</b> 1 cup brewed green tea</p> <p>¼ cup almonds; ½ cup cherries</p> <p><b>LUNCH:</b> <i>Mediterranean Salad:</i> Marinate ½ cup chopped cucumber and ¼ cup chopped carrot with ¼ cup rice vinegar for 30 minutes. Combine with ½ cup chickpeas and ½ Roma tomato, chopped, ¼ cup chopped roasted red pepper and 2 tbsp chopped onion. Whisk together 1 tbsp each lemon juice and EVOO, 1 tbsp each chopped parsley and cilantro, ⅛ tsp pepper and pinch salt; toss with salad.</p> <p><b>SNACK:</b> <i>Kefir Berry Smoothie:</i> Blend 1 cup frozen mixed berries, ½ cup each kefir and almond milk, 1 scoop (1 tbsp) collagen and 1 tbsp chia seeds until smooth</p> <p><b>DINNER:</b> <i>Flank Steak Tacos:</i> Marinate 8 oz flank steak with 2 tbsp each lemon juice and EVOO, ½ tsp each cumin and chile powder, 2 cloves garlic, minced, and ¼ tsp each smoked paprika, salt and pepper in fridge for 1 hour. Broil on high for 8 to 12 minutes, turning once. Let rest 15 minutes; slice against grain. Steam 1 each carrot and red bell pepper, thinly sliced. Eat ½ of steak and veggies (save leftovers) in 2 lettuce leaves with 2 tbsp salsa and 2 tbsp guacamole.</p>	<p><b>BREAKFAST:</b> Scramble 2 eggs in 1½ tsp avocado oil with pinch each salt and pepper. Serve with 4 oz roasted sweet potato and ½ avocado, sliced.</p> <p><b>SNACK:</b> <i>Pancakes with Almond Butter &amp; Jam:</i> 4 Green Banana Pancakes (leftovers, p. 78) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p><b>LUNCH:</b> Flank Steak Tacos with steamed veggies (leftovers) in 2 butter lettuce leaves with 2 tbsp salsa and 2 tbsp guacamole</p> <p><b>SNACK:</b> <i>Tropical Green Smoothie:</i> Blend 1 cup each coconut milk and baby spinach, ¼ cup each frozen mango and chopped pineapple, 2 tbsp green banana flour, 1 scoop (1 tbsp) collagen, 1 tbsp each lime juice and shredded coconut until smooth</p> <p><b>DINNER:</b> 1 serving Miso-Glazed Cod with Spicy Orange Baby Bok Choy (p. 77, save leftovers)</p>	<p><b>BREAKFAST:</b> 2 Blueberry Almond Breakfast Cookies (p. 80, save leftovers)</p> <p><b>SNACK:</b> 1 cup brewed green tea</p> <p>½ cup chopped pineapple sautéed in 1½ tsp coconut oil; top with 1 tbsp shredded coconut</p> <p><b>LUNCH:</b> 1 serving Miso-Glazed Cod with Spicy Orange Baby Bok Choy (leftovers, p. 77)</p> <p><b>SNACK:</b> ½ cup sliced jicama; 1 carrot; 1 stalk celery; 2 tbsp guacamole</p> <p><b>DINNER:</b> 1 serving Herbed Chicken Meatball Marinara with Zoodles &amp; Pesto (p. 75; save leftovers)</p>
<p><b>NUTRIENTS:</b> Calories: 1,291, Fat: 73 g, Sat. Fat: 18 g, Carbs: 112 g, Fiber: 29 g, Sugar: 48 g, Protein: 58 g, Sodium: 1,037 mg, Cholesterol: 175 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,453, Fat: 77 g, Sat. Fat: 26 g, Carbs: 128 g, Fiber: 21 g, Sugar: 56 g, Protein: 76 g, Sodium: 1,942 mg, Cholesterol: 637 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,138, Fat: 66 g, Sat. Fat: 17 g, Carbs: 92 g, Fiber: 21 g, Sugar: 46 g, Protein: 61 g, Sodium: 2,248 mg, Cholesterol: 241 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> <i>Green &amp; Lean Smoothie:</i> Blend 1 cup each almond milk and baby kale, 1 peeled kiwi, 1 scoop (1 tbsp) collagen powder, ½ frozen banana and ice until smooth</p> <p><b>SNACK:</b> <i>Pancakes with Almond Butter &amp; Jam:</i> 4 Green Banana Pancakes (leftovers, p. 78) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p><b>LUNCH:</b> 1 serving Herbed Chicken Meatball Marinara with Zoodles &amp; Pesto (leftovers, p. 75)</p> <p><b>SNACK:</b> 1 serving Chocolate Chia Pudding (p. 79; save leftovers)</p> <p><b>DINNER:</b> <i>Roasted Salmon &amp; Kale Chips:</i> Season 2 4-oz salmon fillets with pinch each salt and pepper. Roast at 350°F for 8 to 10 minutes. Remove thick stems from 1 bunch kale and tear into pieces. Rub with 1 tbsp avocado oil and place on another baking sheet. Sprinkle with 1 tbsp nutritional yeast; bake 10 minutes. (Eat ½; save leftovers.)</p> <p><i>Pickled Cucumbers:</i> Thinly slice 2 Persian cucumbers and place in a bowl; cover with ½ cup rice vinegar and let sit for 30 minutes; drain. Serve over salmon. (Eat ½; save leftovers.)</p>	<p><b>BREAKFAST:</b> <i>Pancakes with Almond Butter &amp; Jam:</i> 4 Green Banana Pancakes (leftovers, p. 78) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p><b>SNACK:</b> 1 cup brewed green tea</p> <p>¼ cup almonds; ½ cup cherries</p> <p><b>LUNCH:</b> Roasted Salmon &amp; Kale Chips with Pickled Cucumbers (leftovers)</p> <p><b>SNACK:</b> <i>Tropical Smoothie:</i> Blend 1 cup each coconut milk and baby spinach, ¼ cup each frozen mango and chopped pineapple, 2 tbsp green banana flour, 1 scoop (1 tbsp) collagen, and 1 tbsp each lime juice and shredded coconut until smooth</p> <p><b>DINNER:</b> 1 serving Moroccan Lentils &amp; Quinoa (p. 78; save leftovers)</p>	<p><b>BREAKFAST:</b> Scramble 2 eggs in 1½ tsp avocado oil with pinch each salt and pepper. Serve with 4 oz roasted sweet potato and ½ avocado, sliced.</p> <p><b>SNACK:</b> 2 Blueberry Almond Breakfast Cookies (leftovers, p. 80)</p> <p><b>LUNCH:</b> <i>Mediterranean Salad:</i> Marinate ½ cup chopped cucumber and ¼ cup chopped carrot with ¼ cup rice vinegar for 30 minutes. Combine with ½ cup chickpeas and ½ Roma tomato, chopped, ¼ cup chopped roasted red pepper and 2 tbsp chopped onion. Whisk together 1 tbsp each lemon juice and EVOO, 1 tbsp each chopped parsley and cilantro, ⅛ tsp pepper and pinch salt; toss with salad.</p> <p><b>SNACK:</b> ½ cup sliced jicama; 1 carrot; 1 stalk celery; 2 tbsp guacamole</p> <p><b>DINNER:</b> 1 serving Herbed Chicken Meatball Marinara with Zoodles &amp; Pesto (leftovers, p. 75)</p>	<p><b>BREAKFAST:</b> 2 Blueberry Almond Breakfast Cookies (leftovers, p. 80)</p> <p><b>SNACK:</b> 1 cup brewed green tea</p> <p>½ cup chopped pineapple sautéed in 1½ tsp coconut oil; top with 1 tbsp shredded coconut</p> <p><b>LUNCH:</b> 1 serving Herbed Chicken Meatball Marinara with Zoodles &amp; Pesto (leftovers, p. 75)</p> <p><b>SNACK:</b> 1 serving Chocolate Chia Pudding (leftovers, p. 79)</p> <p><b>DINNER:</b> 1 serving Moroccan Lentils &amp; Quinoa (leftovers, p. 78)</p>
<p><b>NUTRIENTS:</b> Calories: 1,394, Fat: 71 g, Sat. Fat: 16 g, Carbs: 113 g, Fiber: 20 g, Sugar: 51 g, Protein: 87 g, Sodium: 1,368 mg, Cholesterol: 307 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,140, Fat: 55 g, Sat. Fat: 17 g, Carbs: 116 g, Fiber: 23 g, Sugar: 36 g, Protein: 57 g, Sodium: 815 mg, Cholesterol: 170 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,507, Fat: 95 g, Sat. Fat: 15 g, Carbs: 120 g, Fiber: 34 g, Sugar: 37 g, Protein: 60 g, Sodium: 1,610 mg, Cholesterol: 631 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,290, Fat: 68 g, Sat. Fat: 18 g, Carbs: 116 g, Fiber: 26 g, Sugar: 50 g, Protein: 62 g, Sodium: 1,548 mg, Cholesterol: 209 mg</p>