

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: Raspberry Overnight Oats: In a jar or bowl, combine 2 cups milk, ¾ cup oats, 2 scoops protein powder, 1 tbsp honey, 1 tsp cinnamon and ½ tsp vanilla. Cover and refrigerate overnight. Divide into 3 servings (eat 1 serving; save leftovers). Top serving with ½ cup raspberries.</p> <p>SNACK: 2 stalks celery with 2 tbsp almond butter</p> <p>LUNCH: 1 chicken sausage link, heated</p> <p>Roasted Broccoli (p. 74; eat 1 serving, save leftovers)</p> <p>Spicy Potatoes (p. 74; eat 1 serving, save leftovers)</p> <p>SNACK: 2 eggs, hard-boiled, with pinch each salt and pepper</p> <p>1 peach</p> <p>DINNER: 1 serving Raw Pad Thai with Almond Ginger Sauce (p. 78; save leftovers)</p>	<p>BREAKFAST: 1 cup Greek yogurt topped with ½ cup raspberries and ¼ cup almonds, chopped</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>LUNCH: 1 serving Raw Pad Thai with Almond Ginger Sauce (leftovers, p. 78)</p> <p>SNACK: Strawberry Smoothie: Blend 1 cup each milk, spinach and chopped strawberries with 1 scoop protein powder and ice</p> <p>DINNER: 1 chicken sausage link, heated</p> <p>1 serving Roasted Broccoli (leftovers, p. 74)</p> <p>1 serving Spicy Potatoes (leftovers, p. 74)</p>	<p>BREAKFAST: 1 serving Raspberry Overnight Oats (leftovers); top with ½ cup raspberries</p> <p>SNACK: 2 stalks celery with 2 tbsp almond butter</p> <p>LUNCH: Corn Salad (p. 74; eat 1 serving, save leftovers)</p> <p>Cilantro Chicken (p. 74; eat 1 breast, save leftovers)</p> <p>SNACK: 1 cup Greek yogurt topped with 1 cup blueberries and ¼ cup almonds, chopped</p> <p>DINNER: 1 serving Raw Pad Thai with Almond Ginger Sauce (leftovers, p. 78)</p> <p>1 peach</p>
<p>NUTRIENTS: Calories: 1,523, Fat: 81 g, Sat. Fat: 15 g, Carbs: 132 g, Fiber: 31 g, Sugars: 61 g, Protein: 79 g, Sodium: 2,376 mg, Cholesterol: 459 mg</p>	<p>NUTRIENTS: Calories: 1,626, Fat: 86 g, Sat. Fat: 20 g, Carbs: 121 g, Fiber: 28 g, Sugars: 62 g, Protein: 103 g, Sodium: 2,516 mg, Cholesterol: 314 mg</p>	<p>NUTRIENTS: Calories: 1,742, Fat: 88 g, Sat. Fat: 17 g, Carbs: 156 g, Fiber: 33 g, Sugar: 91 g, Protein: 101 g, Sodium: 1,292 mg, Cholesterol: 112 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Strawberry Smoothie: Blend 1 cup each milk, spinach and chopped strawberries with 1 scoop protein powder and ice</p> <p>SNACK: 2 stalks celery with 2 tbsp almond butter</p> <p>LUNCH: 1 serving Raw Pad Thai with Almond Ginger Sauce (leftovers, p. 78)</p> <p>SNACK: 1 cup Greek yogurt topped with 1 cup blueberries and ¼ cup almonds, chopped</p> <p>DINNER: 1 serving Stuffed Portobello Mushrooms with Pesto (p. 78; save leftovers)</p>	<p>BREAKFAST: 1 serving Raspberry Overnight Oats (leftovers); top with ½ cup raspberries</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>LUNCH: 1 serving Corn Salad (leftovers, p. 74)</p> <p>1 breast Cilantro Chicken (leftovers, p. 74)</p> <p>SNACK: 1 cup Greek yogurt with 1 peach, chopped and ¼ cup chopped almonds</p> <p>DINNER: 2 chicken sausage links, heated</p> <p>1 serving Roasted Broccoli (leftovers, p. 74)</p> <p>1 serving Spicy Potatoes (leftovers, p. 74)</p>	<p>BREAKFAST: 1 cup Greek yogurt with ½ cup strawberries and ¼ cup chopped almonds</p> <p>SNACK: 2 stalks celery with 2 tbsp almond butter</p> <p>LUNCH: 1 serving Stuffed Portobello Mushrooms with Pesto (leftovers, p. 78)</p> <p>SNACK: 1 cup blueberries and ¼ cup almonds</p> <p>DINNER: 1 serving Corn Salad (leftovers, p. 74)</p> <p>1 breast Cilantro Chicken (leftovers, p. 74)</p> <p>1 small potato, baked, with 2 tbsp yogurt and ⅛ tsp each salt and pepper</p>	<p>BREAKFAST: Strawberry Smoothie: Blend 1 cup each milk, spinach and chopped strawberries with 1 scoop protein powder and ice</p> <p>SNACK: 1 peach</p> <p>½ cup almonds</p> <p>LUNCH: 1 serving Corn Salad (leftovers, p. 74)</p> <p>2 chicken sausage links, heated</p> <p>SNACK: 2 eggs, hard-boiled, with pinch each salt and pepper</p> <p>DINNER: 1 serving Stuffed Portobello Mushrooms with Pesto (leftovers, p. 78)</p> <p>½ cup strawberries topped with ¼ cup Greek yogurt</p>
<p>NUTRIENTS: Calories: 1,770, Fat: 110 g, Sat. Fat: 110 g, Carbs: 120 g, Fiber: 29 g, Sugars: 78 g, Protein: 94 g, Sodium: 1,575 mg, Cholesterol: 73 mg</p>	<p>NUTRIENTS: Calories: 1,783, Fat: 88 g, Sat. Fat: 22 g, Carbs: 130 g, Fiber: 25 g, Sugars: 55 g, Protein: 125 g, Sodium: 2,552 mg, Cholesterol: 438 mg</p>	<p>NUTRIENTS: Calories: 1,779, Fat: 111 g, Sat. Fat: 22 g, Carbs: 126 g, Fiber: 28 g, Sugars: 53 g, Protein: 87 g, Sodium: 1,086 mg, Cholesterol: 116 mg</p>	<p>NUTRIENTS: Calories: 1,706, Fat: 102 g, Sat. Fat: 26 g, Carbs: 98 g, Fiber: 21 g, Sugars: 57 g, Protein: 107 g, Sodium: 2,260 mg, Cholesterol: 561 mg</p>