

7-Day Quick and Manageable Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Sunday	Chia Pudding 1 c. Coconut Milk + 1/4 tsp. Chia + Stevia and Layer with Nuts/Fruit	Lemon Rubbed Kale Salad with Canned Sardines, Cherry Tomatoes, Capers, Avocado & Vinaigrette	Skirt Steak with Garlic, Rosemary and Roasted Mixed Vegetables	Sliced Apple and Deli Meat of choice
Monday	Scrambled Eggs with Fresh Basil & leftover Roasted Vegetables	Mediterranean Tuna, Olive & Pine Nut Salad wrapped in Leaves of Romaine	Pan Seared Chicken Breast with Beet, Avocado and Spinach Salad Choice Vinaigrette	Goat Yogurt with Toasted Nuts
Tuesday	Breakfast Smoothie with 2 Eggs any style or 2-3 oz. Protein of choice	Chicken Breast leftovers Green Salad with Chickpeas, Beets and choice Vinaigrette	No-Noodle (Zoodles or Shiratake) Stir fry with Ginger Beef, Broccoli & Spinach	Frozen Berries and Coconut Manna
Wednesday	Hard Boiled Eggs with Steamed Broccoli and Olive Oil	Left-over Zoodles stir-fry with Ginger Beef	Beef or Turkey Burgers with Toasted Sweet Potato Steamed Spinach Side of Kraut	Choice of Fruit and Almond or Sunflower Butter
Thursday	Breakfast Smoothie with Whey, Hemp or Pea Protein or -2-3 oz. Protein of choice	Left-over Burger wrapped in Paleo, Nori, Lettuce or Raw Vegan Wrap	Sautéed Salmon & *Cilantro- Lime Sauce Mixed Roasted Peppers, Zucchini and Red Onion	Sliced Carrots wrapped in Deli Meat of choice

<p>Friday</p>	<p>*Easy Pancakes with Raspberries</p>	<p>Left-over Salmon (made into Salad) with Avocado, Peppers, Zucchini, Onion Cilantro Lime Sauce</p>	<p>Store-Bought Rotisserie Chicken Spinach or Chard Sauté Tomatoes and EVO</p>	<p>Banana Dipped in Almond Butter</p>
<p>Saturday</p>	<p>Poached Eggs on Arugula, Sliced Heirloom Tomatoes & Sliced Avocado</p>	<p>Left-over Chicken and Spinach wrapped in Raw Vegan Wrap or Paleo Wrap</p>	<p>Sautéed Shrimp with Store Bought Pesto Steamed Green Beans Roasted Sweet Potato</p>	<p>Berries and Roasted Pumpkin Seeds</p>