MONDAY (Workout) Detox day le en Smoothie	Detox Day Green Smoothie Water	WEDNESDAY (Workout) Detox Day apple Green Smoothie Water	THURSDAY Green Smoothie 1 hard boiled egg 1/4 cup raw nuts	FRIDAY (Workout) 1/2 or whole banana Green Smoothie 3 stalks of celery 2 Tbs. Almond butter	SATURDAY (Workout) 1/2 or whole banana T R E	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit 2 Tbs. Hummus 1-2 cups carrots/celery/
en Smoothie	Green Smoothie	apple Green Smoothie	1 hard boiled egg	Green Smoothie 3 stalks of celery	banana T R	(1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit 2 Tbs. Hummus 1-2 cups
en Smoothie		Green Smoothie	1 hard boiled egg	Green Smoothie 3 stalks of celery	banana T R	(1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit 2 Tbs. Hummus 1-2 cups
			1 hard boiled egg	3 stalks of celery	R	(1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit 2 Tbs. Hummus 1-2 cups
er	Water	Water				1-2 cups
					A	cucumbers
ps - sliced etables p fruit	2 cups - sliced Vegetables	2 cups - sliced Vegetables 1-cup fruit	3-4 oz.Chicken Breast over salad greens & vegetables 1Tbs. Dressing	Egg salad - 4 eggs (2 egg whites) 1 tsp. dijon mustard & 1 tsp. olive oil 2 sl. Eziekiel bread	T D	2 cups Mixed green salad 1 cup mixed vegetables 1 Tbs. Dressing 1/4 cup nuts
er	Water	Water	1/4 cup of Cottage cheese and 1/2 peach	apple	A Y	Green Smoothie
en salad on squeezed dressing	Lettuce wrap with/1-2 cups of Vegetables or Green Smoothie	Green salad lemon squeezed for dressing w/lots of veggies	Protein shake with water	Wild fish (Salmon) 1/4 cup brown rice 1 cup of broccoli/ cauliflower	'	3-4oz.Chicken Breast 1-2 cups Broccoli
er or	n salad n squeezed	Lettuce wrap squeezed with/1-2 cups essing of Vegetables	Lettuce wrap n salad n squeezed with/1-2 cups lemon squeezed essing of Vegetables for dressing	cheese and 1/2 peach In salad In squeezed with/1-2 cups of Vegetables of Vegetables or Green Smoothie Cheese and 1/2 peach Protein shake with water of Vegetables or Green Smoothie willots of veggies	cheese and 1/2 peach In salad In squeezed with/1-2 cups lemon squeezed essing Lettuce wrap with/1-2 cups lemon squeezed for dressing Cheese and 1/2 peach Protein shake with water 1/4 cup brown rice 1 cup of broccoli/	Water Water Water 1/4 cup of Cottage cheese and 1/2 peach Y Protein shake with/1-2 cups of Vegetables or Green Smoothie of veggies Water 1/4 cup of Cottage cheese and Y Protein shake with water Wild fish (Salmon) 1/4 cup brown rice 1 cup of broccoli/ cauliflower

Optional: EFA before bed or 1/2 in the AM and 1/2 in the PM
Water - 1/2 body weight in ounces everyday!
No iceberg lettuce
Pre-Workout Snack is for clients who exercise in the early morning