

Day	Calories	Total Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
Day 1	1,556	67.4	196	56	50
Day 2	1,317	62.3	156	42	46
Day 3	1,533	46.5	225	47	72
Day 4	1,719	65.3	235	51	57
Day 5	1,483	66.3	196	38	53
Day 6	1,477	103.8	114	40	43

#	Breakfast	Description	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% of Daily Values			
														Vitamin A	Vitamin C	Calcium	Iron
1	Quinoa & Cashew Breakfast Bowl	Vital minerals for tissue & cartilage support.	478	216	24.0	11.1	0.0	0	27	58	12	10	13	4%	70%	10%	21%
2	Berry Nutty Oatmeal	High in fiber and antioxidants.	376	185	20.6	12.2	0.0	0	2	38	7	2	11	0%	12%	4%	17%
3	Chocolate Hulk Smoothie	Plant based protein for tissue repair and lean muscle	357	50	5.5	0.8	0.0	0	50	59	10	25	24	80%	49%	13%	28%
4	Sweet Potato Hash	Loaded with vitamins A & C, which improve immune	523	255	28.3	22.7	0.3	0	853	63	13	24	8	223%	190%	21%	21%
5	Berry Bliss Smoothie	High in antioxidants.	304	17	1.9	0.3	0.0	0	27	71	11	33	9	65%	72%	7%	15%
6	Tofu Breakfast Scramble	Provides high plant based protein.	468	248	27.6	4.0	0.2	0	911	44	14	9	20	109%	86%	13%	20%

#	Lunch	Description	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% of Daily Values			
														Vitamin A	Vitamin C	Calcium	Iron
1	Kale Detox & Quinoa Veggie Burger	Support of cardiovascular and immune systems.	621	338	37.5	2.3	0.1	0	1,856	58	11	18	11	203%	245%	20%	20%
2	Avocado Mango Seaweed Salad	Iodine for thyroid balance.	400	153	17.0	2.5	0.0	0	738	58	11	3	9	4%	169%	8%	13%
3	Tofu Veggie Fried Rice	Enhances energy production and heart health.	673	290	32.2	3.0	0.0	0	4,269	75	16	7	28	162%	250%	25%	58%
4	Mediterranean Falafel Bowl	Rich in phytonutrients.	448	161	17.9	19.7	0.0	0	1,759	53	17	8	18	3%	83%	11%	24%
5	Artichoke Salad & Eggplant Meatballs	High in omega 3s for brain health and aids in lower	689	246	27.3	4.6	0.0	0	470	98	15	18	23	6%	53%	18%	38%
6	Massaged Kale Detox Salad w/ Avocado	Supports healthy immune system and healthy eyes	518	366	40.7	3.9	0.0	0	1,171	38	12	17	8	184%	195%	18%	15%

#	Dinner	Description	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% of Daily Values			
														Vitamin A	Vitamin C	Calcium	Iron
1	Spicy Lentil Stew	High in folate for cellular health.	457	53	5.9	0.9	0.2	0	1,751	80	33	9	26	125%	159%	13%	29%
2	Vegetarian Chili & Avocado	High fiber to remove LDL cholesterol.	541	222	24.7	2.9	0.0	0	1,273	60	24	8	26	53%	111%	13%	35%
3	Veggie Stuffed Sweet Potato	Multivitamin in a bowl!	503	79	8.8	1.0	0.6	0	2,438	91	21	20	20	17%	304%	22%	25%
4	Lentil Sliders & Quinoa Bowl	High fiber and protein to reduce hunger cravings.	748	172	19.1	1.7	0.2	0	2,543	119	21	7	31	100%	58%	20%	42%
5	Tofu Lime Cauliflower Rice	Packed with heart and brain healthy omegas and h	490	334	37.1	3.8	0.0	0	1,320	27	12	8	21	33%	302%	11%	10%
6	Coconut Curry Bowl	High in B vitamins to support energy conversion an	491	320	35.5	27.2	0.0	0	53	32	14	9	15	20%	229%	8%	9%