

Day	Calories	Total Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
Day 1	1,466	64.8	167	38	68
Day 2	1,524	54.3	226	50	48
Day 3	1,425	52.5	205	41	43
Day 4	1,449	72.5	150	36	70
Day 5	1,515	46.3	221	45	66
Day 6	1,508	51.0	236	33	41

#	Breakfast	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	Berry Nutty Oatmeal	578	286	16.7	6.7	0.0	0	508	77	17	11	35	11%	85%	17%	57%
2	Coconut Yogurt with Granola	213	124	14.7	9.5	0.0	0	24	20	4	9	3	1%	3%	2%	9%
3	St. Barth's Smoothie	318	15	1.7	0.1	0.0	0	16	60	10	11	15	15%	1195%	9%	30%
4	Chocolate Hulk Smoothie	409	219	12.3	1.2	0.0	0	188	60	10	29	23	123%	43%	30%	27%
5	Berry Nutty Oatmeal	578	286	16.7	6.7	0.0	0	508	77	17	11	35	11%	85%	17%	57%
6	Chia Pudding	499	198	23.1	5.8	0.1	0	415	70	15	32	8	3%	4%	35%	41%

#	Lunch	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	565	367	42.2	3.6	0.1	0	1,589	39	12	10	13	332%	203%	28%	50%
2	Grilled Peach Salad	593	217	25.1	3.3	0.0	0	24	80	14	32	17	129%	124%	13%	44%
3	California Chop Salad	510	321	37.1	3.7	0.0	0	283	37	11	5	12	355%	46%	9%	32%
4	Falafel Greek Salad	600	208	24.2	2.7	0.1	0	1,567	74	20	15	28	185%	84%	18%	66%
5	Artichoke Salad & Eggplant Meatballs	547	132	15.7	2.7	0.0	0	325	89	18	21	20	69%	51%	17%	47%
6	Veggie Fried Rice	549	158	18.8	3.2	0.0	0	369	79	8	9	20	489%	102%	12%	44%

#	Dinner	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	Summer Veggie Sauté	323	52	5.9	1.1	0.0	0	88	51	9	12	20	194%	280%	12%	39%
2	Roasted Vegetables with Lentil Sliders	718	125	14.5	1.9	0.0	0	1,786	126	32	28	28	238%	101%	27%	86%
3	Avocado Mango Street Tacos	597	115	13.7	2.2	0.0	0	350	108	20	25	16	103%	118%	8%	27%
4	Tofu Lime Cauliflower Rice	440	315	36.0	3.8	0.1	0	1,677	16	6	6	19	199%	122%	28%	28%
5	Spicy Minestrone Soup	390	123	13.9	1.5	0.0	0	1,564	55	10	8	11	646%	39%	8%	24%
6	Spicy Korean BBQ	460	80	9.1	1.6	0.0	0	785	87	10	18	13	1447%	110%	17%	39%