

## Weekly Meal Planner

FOR: BEGINNERS

	Breakfast	Lunch	Dinner	Snack
<b>Sunday</b>	1 WHEAT WAFFLE GREEK YOGURT 1 CUP RASBERRIES or PROTIEN SHAKE	GRILLED CHICKEN SALAD TOPPED WITH VINEGRETTE DRESSING (OPTIONAL VEGGIES)	MENU ITEM OF CHOICE	ALL NATURAL SHAKE OF YOUR CHOICE MADE WITH LOW FAT MILK OR ANY SOY MILK OF CHOICE
<b>Monday</b>	1 CUP OATMEAL MADE WITH WATER AND SWEETENED WITH HONEY 1CUP STRAWBERRIES 1 WHOLE GRAIN TAOST W/ PEANUT BUTTER	8 OZ GRILLED CHICKEN BREAST WITH WHEAT PASTA, CHERRY TOMATOS, BROCOLLI (LOW FAT ALFREDO SAUCE)	WHOLE WHEAT TUNA SANDWICH. MAY ADD AVOCADO, SPINACH, PEPPERS, OR ANY VEGETABLE SIMILAR. NO SALT ADDED	GREEN APPLE SLICES WITH PEANUT BUTTER
<b>Tuesday</b>	1 WHOLE WHEAT BAGEL WITH PEANUT BUTTER 1 HARD BOILED EGG	CEVICHE TUNA IN LIME JUICE (TOMATO, JALAPENO, CUCUMBER, ONION, CILANTRO, AVOCADO)	CHICKEN FAJITAS SERVED ON WHOLE WHEAT TORTILLA ( Limit 2) WITHOUT CHEESE	ALL NATURAL SHAKE OF YOUR CHOICE MADE WITH LOW FAT MILK OR ANY SOY MILK OF CHOICE
<b>Wednesday</b>	2 MATCHA PANCAKES ACCOMPANIED BY STRAWBERRIES, BLUEBERRIES TOPPED WITH REAL MAPLE SYRUP	GRILLED SALMON ACCOMPANIED BY QUINOA RICE AND VEGGIES OF CHOICE	MENU ITEM OF CHOICE	JICAMA WITH CHILE POWDER AND LIMON
<b>Thursday</b>	2 EGG WHITES MADE WITH CILANTRO, TOMATOS, JALAPENOS, SERVED IN WHOLE WHEAT TOAST	GRILLED SHRIMP CEVICHE (TOMATO, JALAPENO, CUCUMBER, ONION, CILANTRO, AVOCADO)	MENU ITEM OF CHOICE	SLICED CUCUMBER WITH LIME AND CHILE POWDER
<b>Friday</b>	2 HARD BOILED EGGS ON WHOLE GRAIN BREAD ACCOMPANIED WITH AVOCADO, TOMATO, JALAPENO	REPEAT TUESDAYS MENU	MENU ITEM OF CHOICE	SANDIA
<b>Saturday</b>	GET CREATIVE	REPEAT TUESDAYS MENU	GET CREATIVE	MELON



**30 DAY DETOX**  
 \*NO SUGAR, NO MEAT, NO WHITE RICE, NO WHITE BREAD, NO PASTA, NO FLOUR TORTILLAS, NO ALCOHOL  
 \*YOU MAY DRINK BLACK COFFEE, BLACK TEA, LEAN PROTIENS, QUINOA RICE, BROWN RICE, WHOLE GRAIN FOODS, RYE BREAD, WHEAT PASTA, WHEAT TORTILLAS  
 \*DRINK MINIMUM 2 LITERS OF WATER DAILY

