Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Foundation:	Foundation:		Foundation: Flow		Foundation: Take
Workout	Foundation: Core	Strength	Balance	Foundation: Flow	on the Go	Foundation: Relax	10
	1 slices of whole	1 slices of whole	1 slices of whole	1 cup oatmeal with			
	grain toast, 2	grain toast, 2	grain toast, 2	1 cup blueberries	1 cup blueberries	1 cup blueberries	1 cup blueberries
	scrambled eggs and	scrambled eggs and	scrambled eggs and	and 1/2 cup organic			
	1.5 cups steamed	1.5 cups steamed	1.5 cups steamed	plain yogurt with	plain yogurt with	plain yogurt with	plain yogurt with
Breakfast	kale	kale	kale	honey	honey	honey	honey
				Microgreen salad	Microgreen salad	Microgreen salad	Microgreen salad
	Greek salad with	Greek salad with	Greek salad with	with 1/4 cup	with 1/4 cup	with 1/4 cup	with 1/4 cup
	chicken breast and	chicken breast and	chicken breast and	toasted pumpkin	toasted pumpkin	toasted pumpkin	toasted pumpkin
	toasted pine nuts	toasted pine nuts	toasted pine nuts	seeds, 1/2 avocado	seeds, 1/2 avocado	seeds, 1/2 avocado	seeds, 1/2 avocado
Lunch	and Greek dressing	and Greek dressing	and Greek dressing	and dressing	and dressing	and dressing	and dressing
	Vegan Chocolate	Vegan Chocolate	Vegan Chocolate	Vegan Chocolate	Vegan Chocolate	Vegan Chocolate	Vegan Chocolate
Snack	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology
	Baked salmon, 1.5		Nori Rolls with	Baked salmon, 1.5		Nori Rolls with	
	cups steamed		tempeh and	cups steamed		tempeh and	Baked Tempeh, 1/2
	asparagus with		veggies, Japanese	asparagus with		veggies, Japanese	cup steamed
	lemon, 1 cup boiled	Southwestern	Cucumber salad	lemon, 1 cup boiled	Southwestern	Cucumber salad	broccoli, 1/2 cup
Dinner	baby potatoes	Veggie Taco	and Miso Soup	baby potatoes	Veggie Taco	and Miso Soup	brown rice