

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