

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Expansion: Core	Expansion: Stretch	Expansion: Balance	Expansion: Flow	Expansion: Flow on the Go	Expansion: Relax	Expansion: Take 10
Breakfast	Fruit plate	Fruit plate	Fruit plate	Fruit plate	Fruit plate	Fruit plate	Fruit plate
Lunch	Microgreen salad with 1/3 cup toasted pumpkin seeds, 1/4 avocado and dressing	1/2 serving Pinto Beans and Rice, Microgreen salad with 1/3 cup toasted pumpkin seeds and dressing	1/2 serving Pinto Beans and Rice, Microgreen salad with 1/3 cup toasted pumpkin seeds and dressing	Sweet Potato and Roasted Red Pepper Bisque, Greek Salad and dressing	Sweet Potato and Roasted Red Pepper Bisque, Greek Salad and dressing	Quinoa-lentil loaf and baked sweet potato	1/2 serving Pinto Beans and Rice, Microgreen salad with 1/3 cup toasted pumpkin seeds 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	Pinto Beans and Rice, 1 cup steamed zucchini 1 cup roasted broccoli	Asian Stir Fry, 1/2 serving baked Tempeh and miso soup	Sweet Potato and Roasted Red Pepper Bisque, roasted asparagus and slivered almonds	Garlic Veggies, 1/2 serving baked tempeh and miso soup	Quinoa-Lentil Loaf, 1/2 cup steamed broccoli	Sweet Potato and Roasted Red Pepper Bisque, roasted asparagus and slivered almonds	Garlic Veggies, sweet potato and miso soup