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