



CORE FOOD PLAN – A WEEK OF MEALS & SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> Fresh Spinach Quiche Cups* Orange 	<ul style="list-style-type: none"> Kale Pineapple Banana Smoothie* 	<ul style="list-style-type: none"> Sage Turkey Sausage* Egg Berries 	<ul style="list-style-type: none"> Apple Cinnamon Amaranth Porridge* Peppermint Green Tea 	<ul style="list-style-type: none"> Strawberry Mango Smoothie* 	<ul style="list-style-type: none"> Overnight Steel-Cut Oats* Pecans Chia seeds Berries 	<ul style="list-style-type: none"> High-Protein Pumpkin Pancakes* Pure Maple Syrup
Snack	<ul style="list-style-type: none"> Almonds 70% Dark Chocolate 	<ul style="list-style-type: none"> Celery Sweet Potato Hummus* 	<ul style="list-style-type: none"> Rice Cakes topped with Sunflower Seed Butter 	<ul style="list-style-type: none"> Hard-Boiled Egg Balsamic Roasted Beets* 	<ul style="list-style-type: none"> Fresh Pear Pecans 	<ul style="list-style-type: none"> Celery Almond Butter 	<ul style="list-style-type: none"> 70% Dark Chocolate Chips Pumpkin Seeds Dried Cherries
Lunch	<ul style="list-style-type: none"> Quinoa Salad with Chicken, Grapes and Almonds* Sugar-Snap Peas and Carrot Sticks 	<ul style="list-style-type: none"> LO Mary's Minestrone Soup* LO Parmesan Crisps* 	<ul style="list-style-type: none"> Three Bean Salad with Roasted Beets and Almonds* LO Spice-Rubbed Chicken Breast* 	<ul style="list-style-type: none"> LO Spice-Rubbed Chicken Breast* LO Lime-Scented Coconut Rice* Spring Mix Salad 	<ul style="list-style-type: none"> Black Bean Cocoa Soup with Lime Zest* Blue Corn Chips 	<ul style="list-style-type: none"> LO Tender Eye of Round Steaks with Lemon and Rosemary* LO Arugula and Baby Greens* 	<ul style="list-style-type: none"> LO Coconut Chicken Dal* Brown Rice Steamed Broccoli
Snack	<ul style="list-style-type: none"> Greek Yogurt Spiced Seed Crackers* 	<ul style="list-style-type: none"> Avocado, (sliced/ chopped) with Cumin, Salt and Pepper, Lemon Juice 	<ul style="list-style-type: none"> LO Pumpkin Cranberry Muffin* Hot Tea 	<ul style="list-style-type: none"> Red Pepper Strips, Celery Sticks dipped in Guacamole* 	<ul style="list-style-type: none"> Greek Yogurt 	<ul style="list-style-type: none"> Apple Pumpkin Seeds 	<ul style="list-style-type: none"> Blue Corn Chips Black Bean Hummus*
Dinner	<ul style="list-style-type: none"> Mary's Minestrone Soup* Parmesan Crisps* 	<ul style="list-style-type: none"> Spice-Rubbed Chicken Breast* Roasted Beets with Greens* Pumpkin Cranberry Muffin* 	<ul style="list-style-type: none"> Halibut and Broccoli* Lime-Scented Coconut Rice* Mixed Greens Salad 	<ul style="list-style-type: none"> Parmesan Chicken Tenders* Sautéed Green Beans* Roasted Sweet Potato Fries* 	<ul style="list-style-type: none"> Tender Eye of Round Steaks with Lemon and Rosemary* Arugula and Baby Greens* 	<ul style="list-style-type: none"> Coconut Chicken Dal* Brown Rice Steamed Broccoli Mixed Greens Salad 	<ul style="list-style-type: none"> Asian Turkey Cabbage Boats* Fresh Pineapple

*Recipe included Leftover – LO