



	Monday	Tuesday	wednesday	Thursday	Friday	Saturday	Sunday
	Morning Tonic	Morning Tonic	Morning Tonic	Morning Tonic	Morning Tonic	Morning Tonic	Morning Tonic
Breakfast	2 Eggs with a half of Avocado and 2 pieces of Bacon	green Smoothie	2 Eggs with a half of Avocado and 2 pieces of Bacon	2 Egg omelet with Spinach, Diced Tomatoes, and onions	green Smoothie	Breakfast Quiche	Your choice from this week's options
Snacks	Celery with Almond butter and a few Raisins	green Apple with Almond Butter	Rice Cake (Click on recipes tab for ideas)	Kind Bar	green Apple with Almond Butter	Kind Bar	Celery with Almond butter and a few Raisins
Lunch	Grilled Turkey and Apple Burger	Chicken Salad wrap (lettuce wrap)	Salmon and Sautéed Spinach	Butternut Squash Soup	Grilled turkey and apple burger	Strawberry blueberry spinach salad	Strawberry blueberry spinach salad
Dinner	Spaghetti squash, chicken and broccoli	Salmon with Side Salad	greek chicken and sweet potato hash	Spaghetti Squash with Chicken and Broccoli.	grilled chicken and asparagus	Salmon and Sautéed Spinach	Grilled chicken and asparagus