

3-DAY HEALTHY MEAL PLAN

LOW IN CALORIES, HIGH IN NUTRIENTS



DAY ONE

DAY TWO

DAY THREE

ON WAKING

- 2 Cups filtered water

- 2 Cups filtered water

- 2 Cups filtered water

BREAKFAST

- Berry bowl (strawberries, blueberries, raspberries)
- Oatmeal with cinnamon and flaxseeds

- Cantaloupe & grapes
- Spelt toast with almond or pumpkin seed butter

- Banana & apple
- Whole grain toast with avocado & basil

SNACK (OPTIONAL)

- Carrots & zucchini with hummus

- Mixed nuts & seeds (almonds, pecans, pumpkin seeds, walnuts)

- Yogurt and berries

LUNCH

- Spinach, celery, cherry tomatoes, cucumber, & zucchini salad topped with oil & apple cider vinegar dressing + organic chicken

- Quinoa with celery, bell pepper, cucumber, onion, jicama, & garlic topped with oil & apple cider vinegar dressing

- Wild salmon with asparagus and broccoli

SNACK (OPTIONAL)

- Smoothie made with brewer's yeast, yogurt, lemon juice, avocado, mango & banana

- Fresh juice made with orange, carrot, ginger, turmeric, and beet

- Smoothie made with spirulina, spinach, yogurt, agave, pineapple, & ground flaxseeds

DINNER

- Lentils & brown rice with collards, celery, and broccoli, with sea salt

- Quinoa with kale, bok choy, edamame, with tahini and tamari

- Broccoli soup made with broccoli, carrots, celery, onion, garlic, & nutritional yeast

SNACK (OPTIONAL)

- Apple

- Banana

- Kiwi