

Sample Menu

Day 1

Breakfast:

Ultra Meal Shake with
mixed frozen berries
2 tablespoons ground flax

Mid-Morning Snack:

green apple with natural
turkey slices

Lunch:

Spinach salad with salmon
and orange

Mid-Afternoon Snack

hummus with carrots,
zucchini & celery

Dinner:

Salmon in pesto sauce
steamed broccoli & cauliflower
couscous

Evening Snack:

cottage cheese with cinnamon
stevia and sliced banana

Water Intake (oz):

80

Other Drinks:

Organic Coffee w/ almond milk

Energy (1-10):

10

Sleep Quality (1-10):

10

Day 2

Breakfast:

2 omega eggs
1 slice of gluten free bread
with almond butter

Mid-Morning Snack:

handful almonds and
walnuts

Lunch:

Lentils and Turkey

Mid-Afternoon Snack

Ultra Meal shake with
blueberries & ½ banana

Dinner:

Vegetable Soup
w/ brown rice noodles
and chicken

Evening Snack:

(2) almond balls

Water Intake (oz):

80

Other Drinks:

organic chai tea w/rice milk

Energy (1-10):

10

Sleep Quality (1-10):

10

Day 3

Breakfast:

Spinach and feta omelette
strawberries & blueberries

Mid-Morning Snack:

Meal replacement protein
bar (Clif, Luna, Ultra Meal)

Lunch:

Baby Carrots with all-
Natural Ranch_dressing &
Chicken soup with brown
rice

Mid-Afternoon Snack

2 hard boiled omega eggs
2 slices cantelope

Dinner:

Free range ground turkey
soft tacos with gluten free
tortillas (w/guacamole,
lettuce & salsa)

Evening Snack:

apple with almond butter

Water Intake (oz):

80

Other Drinks:

alkalized hot chocolate

Energy (1-10):

10

Sleep Quality (1-10):

10