



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: 1 Lemon Chia Donut (p. 75; save leftovers)</p> <p>LUNCH: 1 serving Shrimp Spring Rolls (p. 76; save leftovers)</p> <p>SNACK: 1 green apple; 2 tbsp almond butter</p> <p>DINNER: Asian Chicken Stir-Fry: Whisk together 2 tbsp each coconut aminos and rice vinegar, 2 tsp arrowroot starch, 2 cloves minced garlic, 1 tsp minced ginger and ¼ tsp red pepper flakes. Cut 1¼ lb chicken thighs into ½-inch strips. Dice 2 shallots, 4 cups broccoli and 2 red bell peppers; sauté vegetables in 1 tbsp avocado oil until crisp-tender. Remove from pan and heat additional 1 tbsp oil. Add chicken and cook until no longer pink inside. Return vegetables to pan and add sauce. When mixture starts to bubble, stir to coat (eat ¼, save leftovers); serve with 1 cup steamed cauliflower rice.</p> <p>½ cucumber, sliced with 3 tbsp rice vinegar drizzled over top</p>	<p>BREAKFAST: Green Smoothie: Blend 1 cup almond milk, 1 cup baby spinach, ½ avocado, ½ frozen banana, ½ mango, 2 scoops collagen and 1 tbsp chia seeds with ice.</p> <p>LUNCH: 1 serving Shrimp Spring Rolls (leftovers, p. 76)</p> <p>SNACK: Trail Mix (p. 71; save leftovers)</p> <p>DINNER: Asian Chicken Stir-Fry (leftovers) with 1 cup steamed cauliflower rice</p> <p>½ cucumber, sliced with 3 tbsp rice vinegar drizzled over top</p>	<p>BREAKFAST: 1 Lemon Chia Donut (leftovers, p. 75)</p> <p>2 eggs, hard boiled</p> <p>LUNCH: Asian Chicken Stir-Fry (leftovers); serve with 1 cup steamed cauliflower rice</p> <p>½ cucumber, sliced with 3 tbsp rice vinegar drizzled over top</p> <p>SNACK: 1 green apple; 2 tbsp almond butter</p> <p>DINNER: Cauliflower Falafel Bowl: In a food processor, combine 1 cup riced cauliflower, 2 eggs, ½ cup slivered almonds, 3 tbsp coconut flour, 2 cloves garlic, 1 tsp ground cumin and ½ tsp each salt, pepper and red pepper flakes. Heat 1 tbsp olive oil in a large nonstick pan; working 2 tbsp at a time, make balls of cauliflower mixture and flatten slightly. Cook until golden, turning halfway. Combine ¼ cup tahini, juice and zest of 2 lemons, 1 tsp cumin and ½ tsp red pepper flakes (eat ¼ of falafel and sauce; save leftovers). Serve over 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, ½ shallot, thinly sliced, and ½ tsp hemp hearts.</p>	<p>BREAKFAST: Berry Banana Smoothie Bowl: Blend 1 cup frozen mixed berries, 1 banana, 3 tbsp almond milk, 2 scoops collagen until smooth and thick. Pour into a bowl and top with 1 tbsp chia seeds and ½ cup strawberries.</p> <p>LUNCH: Cauliflower Falafel Bowl (leftovers); serve over 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, ½ shallot, thinly sliced and ½ tsp hemp hearts</p> <p>SNACK: Trail Mix (leftovers, p. 71)</p> <p>DINNER: Asian Stir-Fry (leftovers); serve with 1 cup steamed cauliflower rice</p> <p>½ cucumber, sliced with 3 tbsp rice vinegar drizzled over top</p>
<p>NUTRIENTS: Calories: 1,518, Fat: 74, Sat. Fat: 19 g, Carbs: 132 g, Fiber: 29 g, Sugars: 66 g, Protein: 102 g, Sodium: 909 mg, Cholesterol: 533 mg</p>	<p>NUTRIENTS: Calories: 1,521, Fat: 64 g, Sat. Fat: 9 g, Carbs: 139 g, Fiber: 34 g, Sugars: 64 g, Protein: 116 g, Sodium: 1,011 mg, Cholesterol: 440 mg</p>	<p>NUTRIENTS: Calories: 1,379, Fat: 86 g, Sat. Fat: 23 g, Carbs: 96 g, Fiber: 26 g, Sugars: 49 g, Protein: 79 g, Sodium: 1,054 mg, Cholesterol: 737 mg</p>	<p>NUTRIENTS: Calories: 1,226, Fat: 57 g, Sat. Fat: 8 g, Carbs: 114 g, Fiber: 32 g, Sugars: 54 g, Protein: 81 g, Sodium: 861 mg, Cholesterol: 224 mg</p>
FRIDAY	SATURDAY		SUNDAY
<p>BREAKFAST: Protein Waffle: In a blender, combine ¼ cup almond butter, 2 eggs, 2 tbsp almond flour, 2 scoops collagen, 1 tsp vanilla extract, ½ tsp each cinnamon and baking soda and pinch salt. Cook in waffle maker (eat ½; save leftovers). Sauté ½ banana in 1 tbsp coconut oil. Top with 1 tbsp almond butter, pinch cinnamon and sautéed bananas.</p> <p>LUNCH: Chicken Sonoma Salad: Poach 8 oz chicken thighs. Chop chicken and combine with 1 stalk chopped celery, 1 chopped green apple and ¼ cup slivered almonds. Separately, mash 1 avocado and combine with ¼ cup mayonnaise, juice of 1 lemon and ¼ tsp each salt and pepper. Combine with chicken mixture (eat ½; save leftovers).</p> <p>SNACK: 1 green apple and 2 tbsp almond butter</p> <p>DINNER: Grilled Salmon & Asparagus: Season 2 5-oz salmon fillets with ¼ tsp smoked paprika and pinch each salt and pepper. Squeeze juice of 1 orange over salmon and marinate 15 minutes. Rub 8 oz asparagus with 1 tbsp avocado oil and season with pinch each salt and pepper. Grill salmon and asparagus on indoor or outdoor grill (eat ½, save leftovers).</p>	<p>BREAKFAST: 1 Lemon Chia Donut (leftovers, p. 75)</p> <p>Sauté 2 cups spring greens and ¼ cup chopped onions in 1 tbsp avocado oil until soft; add 2 eggs, whisked, and scramble with spatula. Add pinch each salt and pepper. Top with ½ avocado.</p> <p>LUNCH: Grilled Salmon & Asparagus (leftovers)</p> <p>SNACK: Trail Mix (leftovers, p. 71)</p> <p>DINNER: Cauliflower Falafel Bowl (leftovers); serve over 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, and ½ shallot, thinly sliced. Sprinkle with ½ tsp hemp hearts.</p>		<p>BREAKFAST: Protein Waffle (leftovers), reheated and topped with 1 tbsp almond butter and ½ cup sliced strawberries</p> <p>LUNCH: Chicken Sonoma Salad (leftovers)</p> <p>SNACK: Trail Mix (leftovers, p. 71)</p> <p>DINNER: Cauliflower Falafel Bowl (leftovers) with 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, ½ shallot, thinly sliced, and ½ tsp hemp hearts</p>
<p>NUTRIENTS: Calories: 1,592, Fat: 109 g, Sat. Fat: 23 g, Carbs: 83 g, Fiber: 24 g, Sugars: 40 g, Protein: 92 g, Sodium: 1,298 mg, Cholesterol: 390 mg</p>	<p>NUTRIENTS: Calories: 1,497, Fat: 106 g, Sat. Fat: 27 g, Carbs: 73 g, Fiber: 23 g, Sugars: 30 g, Protein: 78 g, Sodium: 1,021 mg, Cholesterol: 693 mg</p>		<p>NUTRIENTS: Calories: 1,453, Fat: 103 g, Sat. Fat: 15 g, Carbs: 76 g, Fiber: 26 g, Sugars: 28 g, Protein: 78 g, Sodium: 1,478 mg, Cholesterol: 420 mg</p>



MONDAY

BREAKFAST: Green Smoothie Bowl: In a blender, combine 2 cups baby spinach, ½ avocado, ½ cup frozen pineapple, 2 scoops collagen and 3 tbsp almond milk. Pour into a bowl and top with 1 tbsp hemp hearts and ½ cup sliced strawberries.

LUNCH: Fajita Steak Salad: Combine 1 tsp each cumin, chili powder blend and smoked paprika and ¼ tsp each salt and pepper. Rub onto 10-oz flank steak. Slice 2 bell peppers into strips and slice 1 red onion into wedges. Grill steak and vegetables to desired doneness (eat ½; save leftovers).

SNACK: Matcha Latte: Heat 8 oz unsweetened almond milk. Place 1 tsp matcha green tea powder in a coffee mug and then add hot almond milk. Whisk (use a handheld electric whisk if you have one) until frothy.

DINNER: 1 serving Golden Cauliflower Soup (p. 73; save leftovers)

Orange Salmon: Season 2 4-oz wild salmon fillets with pinch each salt and pepper and ¼ tsp each cumin and smoked paprika and juice of ½ orange; grill (eat ½; save leftovers).

NUTRIENTS: Calories: 1,251, Fat: 69 g, Sat. Fat: 28 g, Carbs: 63 g, Fiber: 20 g, Sugars: 31 g, Protein: 90 g, Sodium: 2,509 mg, Cholesterol: 164 mg

TUESDAY

BREAKFAST: Spring Frittata: Sauté 4 oz chopped asparagus, 1 thinly sliced leek and 1 cup sliced mushrooms in 1 tbsp avocado oil with pinch each salt and pepper, until soft. Whisk 6 eggs in a bowl with 1 tbsp water. Pour eggs into vegetables and top with 1 oz crumbled goat cheese. Let eggs set on bottom, about 4 minutes. Flip and cook and cook 3 to 4 minutes more. Divide into 2 portions (eat ½; save leftovers); serve with ½ avocado, sliced.

LUNCH: 1 serving Golden Cauliflower Soup (leftovers, p. 73)

Orange Salmon (leftovers)

SNACK: 1 Lemon Chia Donut (leftovers, p. 75)

DINNER: Fajita Steak Salad (leftovers)

NUTRIENTS: Calories: 1,626, Fat: 106, Sat. Fat: 46 g, Carbs: 72 g, Fiber: 23 g, Sugars: 34 g, Protein: 99 g, Sodium: 2,906 mg, Cholesterol: 892 mg

WEDNESDAY

BREAKFAST: Protein Pancakes: In a blender, combine 1 banana, 2 eggs, 2 tbsp each almond flour and ground flaxseeds, 2 scoops collagen, 1 tsp vanilla extract and ½ tsp cinnamon; blend until smooth. Heat a griddle or large nonstick skillet on medium; heat 1 tbsp coconut oil. Ladle in 2 tbsp batter per pancake. Cook, flipping once, until golden on both sides (eat ½; save leftovers); top with 1 tbsp almond butter and ½ cup sliced strawberries.

LUNCH: Rainbow Vegetable Salad with Chicken (p. 77; save leftovers)

SNACK: Matcha Latte: Heat 8 oz unsweetened almond milk. Place 1 tsp matcha green tea powder in a coffee mug and then add hot almond milk. Whisk (use a handheld electric whisk if you have one) until frothy.

1 green apple and 2 tbsp almond butter

DINNER: Cilantro Turkey Burger: Combine 1¼ lb ground turkey, ¾ cup chopped fresh cilantro, ¼ cup coconut aminos, 1 tsp chili powder blend and ½ tsp each salt, black pepper, onion powder and garlic powder. Form into 8 patties and rub with avocado oil. Cook in a skillet or on grill to desired doneness. Mash 2 avocados with juice of 2 limes, ¼ cup chopped shallots, ½ tsp each garlic powder and red pepper flakes (eat 2 patties with ¼ of avocado mixture; save leftovers separately); serve patties and avocado mixture in butter lettuce leaves.

NUTRIENTS: Calories: 1,395, Fat: 81 g, Sat. Fat: 18 g, Carbs: 93 g, Fiber: 24 g, Sugars: 49 g, Protein: 79 g, Sodium: 1,261 mg, Cholesterol: 360 mg

THURSDAY

BREAKFAST: Spring Frittata (leftovers)

LUNCH: Cilantro Turkey Burger (leftovers) in butter lettuce leaves with avocado mixture

SNACK: 1 green apple; 2 tbsp almond butter

DINNER: Rainbow Vegetable Salad with Chicken (leftovers, p. 77)

NUTRIENTS: Calories: 1,370, Fat: 87 g, Sat. Fat: 19 g, Carbs: 84 g, Fiber: 25 g, Sugars: 42 g, Protein: 80 g, Sodium: 1,631 mg, Cholesterol: 785 mg

FRIDAY

BREAKFAST: Protein Pancakes (leftovers), with 1 tbsp almond butter and ½ cup sliced strawberries

LUNCH: Rainbow Vegetable Salad with Chicken (leftovers, p. 77)

SNACK: 1 Lemon Chia Donut (leftovers, p. 75)

DINNER: Cilantro Turkey Burger (leftovers); served in butter lettuce leaves with avocado mixture

NUTRIENTS: Calories: 1,369, Fat: 85 g, Sat. Fat: 28 g, Carbs: 83 g, Fiber: 21 g, Sugars: 44 g, Protein: 81 g, Sodium: 1,307 mg, Cholesterol: 453 mg

SATURDAY

BREAKFAST: Berry Smoothie Bowl: In a blender combine 1 cup frozen mixed berries, 2 scoops collagen and 3 tbsp unsweetened almond milk. Pour into a bowl and top with ½ cup strawberries, 2 tbsp sliced almonds and ½ tsp chia seeds.

LUNCH: Rainbow Vegetable Salad with Chicken (leftovers, p. 77)

SNACK: Matcha Latte: Heat 8 oz unsweetened almond milk. Place 1 tsp matcha green tea powder in a coffee mug and then add hot almond milk. Whisk (use a handheld electric whisk if you have one) until frothy.

DINNER: Eggplant Pizza: Slice 1 eggplant into ½-inch rounds. Place on a baking sheet lined with parchment. Mist each eggplant slice with cooking spray. Top slices with 2 tbsp pesto and ½ cup sliced mushrooms. Bake in a 400°F oven for 10 minutes.

1 serving Golden Cauliflower Soup (leftovers, p. 73)

NUTRIENTS: Calories: 1,208, Fat: 66 g, Sat. Fat: 23 g, Carbs: 97 g, Fiber: 38 g, Sugars: 46 g, Protein: 57 g, Sodium: 1,561 mg, Cholesterol: 51 mg

SUNDAY

BREAKFAST: Tropical Smoothie: Blend ¾ cup almond milk, 1 cup each frozen mango and pineapple, juice of ½ orange, 2 scoops collagen and 1 tbsp chia seeds.

LUNCH: Eggplant Pizza: Slice 1 eggplant into ½-inch rounds. Place on a baking sheet lined with parchment. Mist each eggplant slice with cooking spray. Top with 2 tbsp pesto and ½ cup sliced mushrooms. Bake in a 400°F oven for 10 minutes.

1 serving Golden Cauliflower Soup (leftovers, p. 73)

SNACK: 1 Lemon Chia Donut (leftovers, p. 75)

DINNER: Cilantro Turkey Burger (leftovers) in butter lettuce leaves with avocado mixture

NUTRIENTS: Calories: 1,583, Fat: 85 g, Sat. Fat: 37 g, Carbs: 138 g, Fiber: 42 g, Sugars: 78 g, Protein: 77 g, Sodium: 2,251 mg, Cholesterol: 194 mg