

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M Riser	A.M Riser	A.M Riser	A.M Riser	A.M Riser	A.M Riser	A.M Riser
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Beller Basic: Simple Greens (page 33)	CinSational Quinoa (page 179)	Inner Child: Peanut Butter and Jelly (page 41)	Happy Gut: Kefir Pour and Go (page 52)	Apple with Appeal Oatmeal (page 178)	Detoxi-Pie Me: Creamy Almond Peach Pie (page 37)	Glowing Green: Sweet Ginger Kale (page 45)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chickpea Salad (page 184)	Ignite Me: Tuscan-Style White Beans (page 63)	Mixed salad + Zesty Edamame (page 200) + ¼ avocado	Strengthen Me: Savory Split Pea (page 80) + Simple Roasted Veg (page 193)	Mixed salad + Egg White-ish Salad (page 202)	Zen-Sational: Mung Bean (page 79)	Mediterranean Bowl (page 181)
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
1 medium apple with 1 egg	Blush: Raspberry Kefir (page 107)	peanuts + cacao nibs + coconut flakes (page 167)	Purple Potion: Succulent Berry (page 103)	1 cup strawberries + 11 cashews (pages 168-169)	½ cup Spiced Chickpeas (page 201)	¼ cup Basic Hummus (page 207) + 1 cup celery sticks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Ignite Me: Tuscan-Style White Beans (page 63)	Simple Sautéed Spinach (page 189) + Speedy Broiled Salmon (page 196) + 1 tsp	Strengthen Me: Split Pea (page 80) + Simple Roasted Veg (page 193)	Fish in a Packet (page 186)	Zen-Sational: Mung Bean (page 79)	Greeeeen 5: Greens, Beans, and Things (page 88)	Comfort Me: Creamy Tomato (page 67)
After Dinner (optional)	After Dinner (optional)	After Dinner (optional)	After Dinner (optional)	After Dinner (optional)	After Dinner (optional)	After Dinner (optional)
Almond-stuffed Medjool date (page 167)	3 small squares dark chocolate + 20 pistachios	Harmony: Banana Berry Nice Cream (page 133)	20 frozen grapes	Clarity: Berry Rich (page 126)	1 Greek Yogurt Frozen Pop (page 215) + 11 cashews	Crave Me: A Date with Chocolate (page 130)
P.M Relaxer	P.M Relaxer	P.M Relaxer	P.M Relaxer	P.M Relaxer	P.M Relaxer	P.M Relaxer
Freebie Soup	Freebie Soup	Freebie Soup	Freebie Soup	Freebie Soup	Freebie Soup	Freebie Soup