

WEEKLY MEAL PLANNER

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ON RISING	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink
BREAKFAST	Green Smoothie	Scrambled Eggs & Smashed Avocado	Chicken & Vegetable Soup	Spinach & Mushroom Omelet	Green Smoothie	Minestrone Soup	Eggs how you like them w/Smashed Avocado
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
LUNCH	Chicken & Avocado Salad	Osso Bucco w/ Mushrooms	Mediterranean Salad w/ Tuna	Chicken & Vegetable Soup	Honey Soy Beef	Fish Curry	Chicken & Avocado Salad
SNACK	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink	Meat Stock Drink
DINNER	Osso Bucco w/ Mushrooms	Minestrone Soup	Honey Soy Beef	Salmon Parcels	Fish Curry	Deconstructed Hamburger	Minestrone Soup

