

EAT MORE FRUITS & VEGETABLES FOR A HEALTHIER, MORE VIBRANT LIFE!~3 DAY MEAL PLAN

DAY	BREAKFAST	LUNCH	SNACK	DINNER & DESSERT
ONE	Chocolate Coconut Strawberry Smoothie 1 small handful almonds, or other nuts	Avocado Chickpea Smash {Wrapped or Naked}	1 cup wild blueberries {frozen, defrosted} 1/2 cup cottage cheese	Quick & Easy One Pot Lasagna Soup 1 piece dark chocolate
TWO	Bruschetta Baked Eggs 1 slice gluten-free or whole grain toast 1 small tangerine	Cauliflower Cheese Bread w/ Marinara Sauce {8 "breadsticks"}	Cantaloupe "Breakfast" Bowl	Crunchy Lentil Tacos w/ Avocado Feta Guacamole Oatmeal Apple Crisp
THREE	Fast & Easy Breakfast Parfait	Spinach, Mozzarella, Tomato & Chickpea Salad {1/2 recipe}	Tangerine w/ Dark Chocolate & Pistachio Nuts {Pistachio Party for One}	Greek Salad Bowl w/ Avocado Tzatziki Pumpkin Spice Truffle