24-May		25-May		26-May		27-May		28-May		29-May		30-May	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1	
Kale and Blueberry Smoothie: baby kale, fresh blueberries, peanut butter, vegan protein powder, hemp seeds	p c v f	Power Green Smoothie: collard greens, Nuttzo nut butter, vegan protein powder, apple, hemp seeds	p c v f	Collagen Pepetide Shake: cucumber, celery, green grapes, endive, henp seeds	p c v	Veggie Smoothie: apple, spinach, radish, turnip, kale, whey protein powder	p c v	Vegan Protein Smoothie: blueberries, kale, spinach, hemp seed, pecan butter	p c v f	Apple and Sweet Potato Smoothie: vegan protein powder, cauliflower, celery	p c v	Coconut-Lime Smoothie: whey protein powder, fresh coconut, lime juice and zest, spinach, carrot	p c v
Meal 2		Meal 2		Meal 2		Meal 2		Meal 2		Meal 2		Meal 2	
Paprika Deviled Eggs and Baby Carrots	p v	Red Beet Hummus with Green Beans	p c v	Broccoli Florettes, Tempeh Strips and Apple Wedges with Almond Dip	p c v f	Spiced Cucumber Sticks with Lime and Dill Yogurt	p v f	Marinated Lentils: mustard, red wine vinegar, green onions, diced tomatoes, chopped parsley	p c v	Vanilla Overnight Oats with Whey Protein Powder: pumpkin seeds and pumkin pie spice	p c v	Kale Chips, Edamame Beans	p v
Meal 3		Meal 3		Meal 3		Meal 3		Meal 3		Meal 3		Meal 3	
Buddha Bow Saladl: radish, carrots, chopped romaine lettice, quinoa, chickpeas, avocado dressing	p c v f	Skinny Chicken and Olive Salad: Kalamata olive tapenade dressing, bean sprouts, red bell peppers, sauteed chicken	p v f	Buckwheat Salad: black eyed peas, arugula, toasted walnuts, chopped parsley, nutritional yeast dressing	p c v	Gem Letuce Salad: charred tempeh, aspargus, mung bean sprouts, radicchio, cilantro-chili dressing	p v f	Grilled Chicken and Avocado Salad: lettuce, celery, green pepper, shaved brussel sprouts, avocado-almond dressing	p v f	Blackened Tempeh Bowl: cucumber, green onion, peppers, tomatillo, ginger dressing	p v f	Italian Chopped Salad: chopped iceberg lettuce, shaved radicchio, cherry tomatoes, chickpeas, sliced pepperoncini, fresh oregano, lemon vinaigrette	p c v f
Meal 4	-	Meal 4	-	Meal 4	-	Meal 4	_	Meal 4		Meal 4		Meal 4	
Whey Protein Shake: Broccoli, sweet potato, flax meal, hemp seeds	c v	Cucumber , Carrot , and Celery Sticks with Silken Tofu Dip	p v	Whey Protein Shake: red cabbage, radishes, hemp seeds	p v	Spicy Roasted Chickpeas, Grilled Endive Spears	p c v	Hummus with Celery and Red Pepper Sticks	c v	Zucchini Salsa Salad: black beans, diced zuchinni, tomatoes, onions, lime, chili powder, cumin, cilantro	c v	Pumpkin Seed Pesto (with vegan protein powder) with Cucumber Sticks	p v f
Meal 5		Meal 5		Meal 5		Meal 5		Meal 5		Meal 5		Meal 5	
Asian Spaghetti Squash Stir Fry: tempeh, green pepper, red onion, mushrooms, lime zest	p v	Black Bean Taco Bowl: tomato salsa, black beans, jalapenos, shredded cabbage	p c v	Shrimp and Chicken Curry: almond milk onions, peppers, garlic, cilantro, spices	p v f	Roasted Turkey and Clery Root Soup: onions, poblano pepper, garlic, cumin, corianer, lime	p c v	Collard Green Shake: whey protein powder, broccoli, carrot,	p v	Grilled Petite Filet Steaks: charred broccolini	p v	Whole Roasted Organic Chicken; red quinoa, sauteed mushrooms, bok choy leaves	p c v
Total Protiens	5	Total Protiens	5	Total Protiens	5	Total Protiens	5	Total Protiens	5	Total Protiens	5	Total Protiens	5
Total Carbohydrates	3	Total Carbohydrates	3	Total Carbohydrates	3	Total Carbohydrates	3	Total Carbohydrates	3	Total Carbohydrates	3	Total Carbohydrates	3
Total Vegetables	5	Total Vegetables	5	Total Vegetables	5	Total Vegetables	5	Total Vegetables	5	Total Vegetables	5	Total Vegetables	5
Total Fats	2	Total Fats	2	Total Fats	2	Total Fats	2	Total Fats	2	Total Fats	2	Total Fats	2
31-May		1-lun		2-lun		3-lun		4-lup		5-lun		6-lun	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1	
Chickpea Crepes: chickpea flour, whey protein powder, sauteed mushrooms, spinach, tomatoes	p c v	Toasted Pistachio Smoothie: vegan protein powder, spinach, lime zest	p v f	Roasted Strawberry-Almond Protein Shake: vegan protein powder, fresh raspberries, kale, toasted almonds	p c v f	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing	p c v f	Green Machine Smoothie: Spinach, apple, red cabbage, lemon juice, toasted hemp seeds, protein powder	p c v	Strawberry-Banana Whey Protein Shake with Spinach	p c v	Radish and Red Pepper Whey Protein Smoothie	p v
protein powder, sauteed mushrooms,	p c v		p v f	vegan protein powder, fresh raspberries,	p c v f	Pinto Bean Salad, green peppers, tomatoes,	p c v f	cabbage, lemon juice, toasted hemp seeds,	p c v		p c v		p v
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon	p c v	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chill Salad	p v f	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing	p c v f	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsiey, mint	p c v f	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endiwe, zucchini, spicy almond dip	p c v	Spinach Meal 2 Charred Eggplant Dip with Artichokes	p c v	Smoothie Meal 2 Edamame and Broccoll "Guacamole"	p v
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber,	p c v	powder, spinach, lime zest Meal 2. Cucumber, Red Quinoa, Broccoli and Serrano	p v f	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers	p c v f	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper,	p c v f	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endive, zucchini,	p c v	Spinach Meal 2	p c v	Smoothie Meal 2	p v
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Meal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers	p c v	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chill Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy Avocado Dressing	p v f c v f	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3 Grilled Chicken and Chopped Broccoli Salad	p c v f	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3 Grilled Tempeh with Baby Bok Choy	p c v f	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endive, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken, carrots, onions, celery, brown rice	p c v	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato Caprese: basil, balsamic	p c v	Smoothie Meal 2 Edamame and Broccoli "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing: grilled chicken, grapes, apples, celery,	p v p v
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Meal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers	p c v	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoil and Serrano Chill Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy	p v f c v p c v f	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3	p c v f	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3	p c v f	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green peper, fennel, endive, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken,	p c v v f p c v v	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato	p c v	Smoothie Meal 2 Edamame and Broccoli "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing:	p v p v
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Meal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers	p c v p c v f p v f	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chill Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy Avocado Dressing Meal 4 Roasted Eggplant Soup with Whey Protein Powder, Parsley Puree	p v f c v p c v f p p v	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3 Grilled Chicken and Chopped Broccoli Salad Meal 4 Whey Protein Vegetable Stir Fry	p c v f	Pinto Bean Salad, green peppers, tomatoes, Jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3 Grilled Tempeh with Baby Bok Choy Meal 4 Hard Boiled Eggs with Everything Spice, Carrot Sticks	p c v f	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endiwe, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken, carrots, onions, celery, brown rice Meal 4 Vegan Protein Vegetable Soup: collagen peptides, wegetable broth, kale, bell peppers, yellow squash, tomatoes, onions, garlic	P C V F P V	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato Caprese: basil, balsamic Meal 4 Baked Vegetable Casserole: protein powder, tomato, zucchini, eggplant, peppers	p c v	Smoothie Meal 2 Edamame and Broccoli "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing: grilled chicken, grapes, apples, celery,	p v p c v f
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Meal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers Meal 4	p c v	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chill Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy Avocado Dressing Meal 4 Roasted Eggplant Soup with Whey Protein	p v f c v p c v f f p v	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3 Grilled Chicken and Chopped Broccoli Salad Meal 4	p c v f	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3 Grilled Tempeh with Baby Bok Choy Meal 4 Hard Boiled Eggs with Everything Spice,	p c v f f	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endive, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken, carrots, onions, celery, brown rice Meal 4 Vegan Protein Vegetable Soup: collagen peptides, vegetable broth, kale, bell peppers,	P C V P V P V	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato Caprese: basil, balsamic Meal 4 Baked Vegetable Casserole: protein powder,	v v p v f	Smoothie Meal 2 Edamame and Broccoli "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing: grilled chicken, grapes, apples, celery, Meal 4	p v p c c v f
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Meal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers Meal 4 Spicy Asparagus and Tomato Salad	p c v P c v f P v f	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chill Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy Avocado Dressing Meal 4 Roasted Eggplant Soup with Whey Protein Powder, Parsley Puree	p v f c v f p c v f p v v f p v v	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3 Grilled Chicken and Chopped Broccoli Salad Meal 4 Whey Protein Vegetable Stir Fry	p c v f f p v p v v v p p c c , ,	Pinto Bean Salad, green peppers, tomatoes, Jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3 Grilled Tempeh with Baby Bok Choy Meal 4 Hard Boiled Eggs with Everything Spice, Carrot Sticks	p c v f f v v p p v v p f c v v	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endiwe, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken, carrots, onions, celery, brown rice Meal 4 Vegan Protein Vegetable Soup: collagen peptides, wegetable broth, kale, bell peppers, yellow squash, tomatoes, onions, garlic	P c v P c c v F f	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato Caprese: basil, balsamic Meal 4 Baked Vegetable Casserole: protein powder, tomato, zucchini, eggplant, peppers	v v p v f p v v	Smoothie Meal 2 Edamame and Broccoli "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing: grilled chicken, grapes, apples, celery, Meal 4 Vegetable Salad with Cilantro-Lime Dressing	p v p c v f
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Meal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers Meal 4 Spicy Asparagus and Tomato Salad Meal 5 Srilled Salmon: charred cauliflower, mustard	P C V F F V F V V T V V V V V V V V V V V V	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chili Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy Avocado Dressing Meal 4 Roasted Eggplant Soup with Whey Protein Powder, Parsley Puree Meal 5 Grilled Bruchetta Chicken: grilled chicken	p v f c v f p c v f p v 4	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3 Grilled Chicken and Chopped Broccoli Salad Meal 4 Whey Protein Vegetable Stir Fry Meal 5 Vegetable Pozole: black beans, hominy, potatoes, carrots, onlons, oregan, poblano	p c v f p v p c c , .	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3 Grilled Tempeh with Baby Bok Choy Meal 4 Hard Boiled Eggs with Everything Spice, Carrot Sticks Meal 5 Ciliantro-Chicken Skewers: cucumber yogurt,	p c v f f v v p p v v v 4	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endive, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken, carrots, onions, celery, brown rice Meal 4 Vegan Protein Vegetable Soup: collagen peptides, vegetable broth, kale, bell peppers, yellow squash, tomatoes, onions, garlic Meal 5 Roasted Lobster Tails: lemon vinaigrette, red	p v	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato Caprese: basil, balsamic Meal 4 Baked Vegetable Casserole: protein powder, tomato, zucchini, eggplant, peppers Meal 5 Chicken Bowl: black beans, brown rice,	P	Smoothie Meal 2 Edamame and Broccoll "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing: grilled chicken, grapes, apples, celery, Meal 4 Vegetable Salad with Cilantro-Lime Dressing Meal 5 White Beans Baked with Tomatoes and Herb	p v p c v f
protein powder, sauteed mushrooms, spinach, tomatoes Weal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Weal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers Weal 4 Spicy Asparagus and Tomato Salad Weal 5 Grilled Salmon: charred cauliflower, mustard greens	P	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chill Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy Avocado Dressing Meal 4 Roasted Eggplant Soup with Whey Protein Powder, Parsley Puree Meal 5 Grilled Bruchetta Chicken: grilled chicken breast, diced tomato, basil, balsamic vinegar	p v f c v v p p c v v f f v v 4 2 2	vegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3 Grilled Chicken and Chopped Broccoli Salad Meal 4 Whey Protein Vegetable Stir Fry Meal 5 Vegetable Pozole: black beans, hominy, potatoes, carrots, onlons, oregan, poblano pepper, ancho chili powder	P c v f f P v v f f v f f v f f v f f v f f v f f v f f v f f v v f f v f f v f f v f f v f f v f f v f	Pinto Bean Salad, green peppers, tomatoes, Jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3 Grilled Tempeh with Baby Bok Choy Meal 4 Hard Boiled Eggs with Everything Spice, Carrot Sticks Meal 5 Cilantro-Chicken Skewers: cucumber yogurt, jasmine rice	p c v f f v v p p v v p f f c v v 4 2 2	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endiwe, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken, carrots, onions, celery, brown rice Meal 4 Vegan Protein Vegetable Soup: collagen peptides, wegetable broth, kale, bell peppers, yellow squash, tomatoes, onions, garlic Meal 5 Roasted Lobster Tails: lemon vinaigrette, red lentil and celery salad	p v	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato Caprese: basil, balsamic Meal 4 Baked Vegetable Casserole: protein powder, tomato, zucchini, eggplant, peppers Meal 5 Chicken Bowl: black beans, brown rice, radishes, cumin, pico de gallo	p c v v p p v f p c v v 4 4 2	Smoothie Meal 2 Edamame and Broccoli "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing: grilled chicken, grapes, apples, celery, Meal 4 Vegetable Salad with Cilantro-Lime Dressing Meal 5 White Beans Baked with Tomatoes and Herb Puree	p v p c v f f p c v 4 2
protein powder, sauteed mushrooms, spinach, tomatoes Meal 2 Green Apple and Avocado Smoothie: vegan protein powder, brussel sprouts, cucumber, lemon Meal 3 Pinto Bean Nacho Salad with Chipotle Dressing: romaine lettuce, tomatoes, peppers, cucumbers Meal 4 Spicy Asparagus and Tomato Salad Meal 5 Srilled Salmon: charred cauliflower, mustard greens Total Protiens	P	powder, spinach, lime zest Meal 2 Cucumber, Red Quinoa, Broccoli and Serrano Chill Salad Meal 3 Marinated Black Lentils with Tri-color Peppers, Chopped Bok Choy, and Spicy Avocado Dressing Meal 4 Roasted Eggplant Soup with Whey Protein Powder, Parsley Puree Meal 5 Grilled Bruchetta Chicken: grilled chicken breast, diced tomato, basil, balsamic vinegar Total Proteins	P v f c v f p c v f p v 4 2 2 5 5	wegan protein powder, fresh raspberries, kale, toasted almonds Meal 2 Chopped Red, Green, and Yellow Peppers with Diced Cucumbers and Wasabi Dressing Meal 3 Grilled Chicken and Chopped Broccoli Salad Meal 4 Whey Protein Vegetable Stir Fry Meal 5 Vegetable Pozole: black beans, hominy, potatoes, carrots, onions, oregan, poblano pepper, ancho chill powder Total Proteins	P c v f f P v v f f P v v f f P c c v f f P c c v f f P c c v f f f f f f f f f f f f f f f f f	Pinto Bean Salad, green peppers, tomatoes, jalapenos, cilantro dressing Meal 2 Cucumber Salad: cucumber, red pepper, green onion, parsley, mint Meal 3 Grilled Tempeh with Baby Bok Choy Meal 4 Hard Boiled Eggs with Everything Spice, Carrot Sticks Meal 5 Cilantro-Chicken Skewers: cucumber yogurt, jasmine rice Total Protiens	p c v f f v v p p f c c v 4 2 5	cabbage, lemon juice, toasted hemp seeds, protein powder Meal 2 Green Vegetables: broccoli, celery, green beans, green pepper, fennel, endive, zucchini, spicy almond dip Meal 3 Chicken and Rice Soup: poached chicken, carrots, onions, celery, brown rice Meal 4 Vegan Protein Vegetable Soup: collagen peptides, vegetable broth, kale, bell peppers, yellow squash, tomatoes, onions, garlic Meal 5 Roasted Lobster Talls: lemon vinaigrette, red lentil and celery salad Total Proteins	p v	Spinach Meal 2 Charred Eggplant Dip with Artichokes Meal 3 Cottage Cheese and Roasted Tomato Caprese: basil, balsamic Meal 4 Baked Vegetable Casserole: protein powder, tomato, zucchini, eggplant, peppers Meal 5 Chicken Bowl: black beans, brown rice, radishes, cumin, pico de gallo	_	Smoothie Meal 2 Edamame and Broccoli "Guacamole" Meal 3 Butter Lettuce Salad with Almond Dressing: grilled chicken, grapes, apples, celery, Meal 4 Vegetable Salad with Cliantro-Lime Dressing Meal 5 White Beans Baked with Tomatoes and Herb Puree Total Protiens	p v v p c v f f p c c v v f 2 5