Day 1

B : Egg whites, spinach, mint, coconut milk, green apple, maple syrup

Smoothie

L: Red kidney beans, basil, lime, beet, zucchini, apple vinegar, kale, cranberries, Quinoa

Salad

D: Turkey, brussel sprouts, sweet potato, mustard, olive oil

Turkey with veggies

S: Pistachios, blueberries, mint tea

S: Coconut milk, cocoa, cinnamon, maple syrup, green apple

Day 2

B: Egg whites, spinach, mint, coconut milk, green apple, maple syrup

Smoothie

L: Shrimp, red kidney beans, basil, lime, beet, zucchini, apple vinegar, kale, cranberries, quinoa, lettuce

Shrimp and salad

D: Codfish, kale, cranberries, apple cider vinegar, olive oil,

Fish with salad

S: Olives, blueberries

S: Coconut milk, cocoa, cinnamon, maple syrup, green apple

Day 3

B: Quioa, maple syrup, cinnamon, coconut oil

Hot cereal

L: Codfish, lettuce, olive oil, cider vinegar, zucchini,

Fish, salad and zucchini

D: Tuna, sweet potato, brussel sprouts

Fish and veggies

S: Blueberries, chocolate

S: : Coconut milk, cocoa, cinnamon, maple syrup

Day 4

B: Quinoa, maple syrup, coconut oil, cinnamon, coconut milk

Hot cereal

L: Turkey, sweet potato, lettuce, olive oil, cider vinegar

Meat veggies and salad

D: Egg whites, spinach, mint, coconut milk, green apple, maple syrup

Smoothie

S: Blueberries, chocolate

S: Olives, tea, green apple

Day 5

B: Egg whites, spinach, mint, coconut milk, green apple, maple syrup

Smoothie

L: Shrimp, brussel sprouts, lime, zucchini

Meat and veggies

D: Tuna, mustard, beets, lettuce, cider vinegar, olive oil

Fish veggies and salad

S: Quinoa. Cinnamon, coconut milk, maple syrup, coconut oil,

S: Tea, green olives, pistachios

Day 6

B: Egg whites, spinach, mint, coconut milk, green apple, maple syrup

Smoothie

L: Codfish, red kidney beans, basil, lime, beet, zucchini, apple vinegar, kale, cranberries, Quinoa

Fish and salad

D: Turkey, brussel sprouts, sweet potato, mustard

Turkey with veggies

S: Pistachios, blueberries, mint tea

S: Coconut milk, cocoa, cinnamon, maple syrup, green apple

Day 7

B: Egg whites, spinach, mint, coconut milk, green apple, maple syrup

Smoothie

L: Shrimp, red kidney beans, basil, lime, beet, zucchini, apple vinegar, kale, cranberries, quinoa

Shrimp and salad

D: Codfish, kale, cranberries, apple cider vinegar, olive oil,

Fish with salad

S: Olives, pistachios, blueberries, chocolate

S: Coconut milk, cocoa, cinnamon, maple syrup, green apple