

Week 2: The Original Mayo Clinic Diet

	Breakfast	Lunch	Dinner	Snack
Mon, Nov 7	Nutty banana overnight oats	Mexican buddha bowl	Garlic chicken zoodles	Vegetables & fruits
Tue, Nov 8	Banana berry smoothie	Chicken & snow pea sambal salad	Naked beef fajitas	Vegetables & fruits
Wed, Nov 9	Asparagus scramble	Protein-packed avocado toast	Leftover Naked beef fajitas	Vegetables & fruits
Thu, Nov 10	Strawberry "cream" toast	Chicken & snow pea sambal salad	Seared salmon with cucumber & tomato sambal	Vegetables & fruits
Fri, Nov 11	Banana berry smoothie	Leftover Mexican buddha bowl	Leftover Seared salmon with cucumber & tomato sambal	Vegetables & fruits
Sat, Nov 12	Strawberry "cream" toast	Protein-packed avocado toast	Leftover Naked beef fajitas	Vegetables & fruits
Sun, Nov 13	Banana berry smoothie	Cheese, tomato & avocado sandwich	Garlic chicken zoodles	Vegetables & fruits