



WEEK 2 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Kale Smoothie with Pear and Almond Butter	Apple, Blueberry, Banana Green Smoothie	Kale Smoothie with Pear and Almond Butter	Apple, Blueberry, Banana Green Smoothie	Kale Smoothie with Pear and Almond Butter	Apple, Blueberry, Banana Green Smoothie	Kale Smoothie with Pear and Almond Butter
SNACK 3 Stalks of Celery Raw Ranch Dressing	Chili Cucumber Snack	3 Stalks of Celery Raw Ranch Dressing	Chili Cucumber Snack	3 Stalks of Celery Raw Ranch Dressing	Chili Cucumber Snack	3 Stalks of Celery Raw Ranch Dressing
LUNCH 1. Crunchy Salad Mix 2. Agave, Lime, Garlic Dressing	1. Mild Salad Mix 2. Citrus Vinaigrette Dressing	1. Crunchy Salad Mix 2. Agave, Lime, Garlic Dressing	1. Mild Salad Mix 2. Citrus Vinaigrette Dressing	1. Crunchy Salad Mix 2. Agave, Lime, Garlic Dressing	1. Mild Salad Mix 2. Citrus Vinaigrette Dressing	1. Crunchy Salad Mix 2. Agave, Lime, Garlic Dressing
SNACK Raw Cookie Dough Energy Bites	Raw Yogurt and Fruit	Raw Cookie Dough Energy Bites	Raw Yogurt and Fruit	Raw Cookie Dough Energy Bites	Raw Yogurt and Fruit	Raw Cookie Dough Energy Bites
DINNER 1. Stuffed Bell Peppers 2. Avocado Chimichurri	Vegetable Stir (no)Fry	1. Stuffed Bell Peppers 2. Avocado Chimichurri	Vegetable Stir (no)Fry	1. Stuffed Bell Peppers 2. Avocado Chimichurri	Vegetable Stir (no)Fry	1. Stuffed Bell Peppers 2. Avocado Chimichurri