

PHASE 3 MENU

DINNER	SNACK	LUNCH	SNACK	BREAKFAST
Fat Flush Soup	Vegan Jambalaya	Fat Flush Soup	1 orange and 1/3 cup raw almonds	Superfood Green Smoothie
Fat Flush Soup	Banana Chips	Kale & Quinoa Salad	1 apple and 1/3 cup raw walnuts	Pineapple Paradise Smoothie
Fat Flush Soup	Mango Fruit-Rollup	Spinach Chickpea & Quinoa Salad	1 orange and 1/3 cup raw almonds	Superfood Green Smoothie
Fat Flush Soup	Banana Chips	Kale & Quinoa Salad	1 apple and 1/3 cup raw walnuts	Pineapple Paradise Smoothie
Fat Flush Soup	Mango Fruit-Rollup	Spinach Chickpea & Quinoa Salad	1 orange and 1/3 cup raw almonds	Superfood Green Smoothie
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