



PHASE 3 MENU

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