



NUT FREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Avocado Power Breakfast Smoothie	Detoxifying Beet Smoothie	Avocado Power Breakfast Smoothie	Detoxifying Beet Smoothie	Avocado Power Breakfast Smoothie	Detoxifying Beet Smoothie	Avocado Power Breakfast Smoothie
SNACK	1 orange and 1 banana	1 apple and 1 banana	1 orange and 1 banana	1 apple and 1 banana	1 orange and 1 banana	1 apple and 1 banana	1 orange and 1 banana
LUNCH	1. Crunchy Salad Mix 2. Creamy Avocado Dressing	1. Mild Salad Mix 2. Lemon Basil Dressing	1. Crunchy Salad Mix 2. Creamy Avocado Dressing	1. Mild Salad Mix 2. Lemon Basil Dressing	1. Crunchy Salad Mix 2. Creamy Avocado Dressing	1. Mild Salad Mix 2. Lemon Basil Dressing	1. Crunchy Salad Mix 2. Creamy Avocado Dressing
SNACK	Raw Apple Sauce	Raw Guac and Carrots	Raw Apple Sauce	Raw Guac and Carrots	Raw Apple Sauce	Raw Guac and Carrots	Raw Apple Sauce
DINNER	1.Raw Beet Detox Soup 2.Bean Sprout Salad	Collard Wraps	1.Raw Beet Detox Soup 2.Bean sprout Salad	Collard Wraps	1.Raw Beet Detox Soup 2.Bean sprout Salad	Collard Wraps	1.Raw Beet Detox Soup 2.Bean sprout Salad