

Meal	Day 1 VEGGIE DETOX	Day 2 VEGGIE DETOX	Day 3 VEGGIE DETOX	Day 4	Day 5	Day 6	Day 7
Pre-Workout Snack	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread
Breakfast	Fruit Berry Smoothie	Fruit Berry Smoothie	Fruit Berry Smoothie	1 Hard Boiled Egg 1/2 cup of Oatmeal Orange (1)	Egg White Breakfast Wrap	Fruit Berry Smoothie	Breakfast Veggie Omelette 1 Orange
AM Snack	Apple (1 cup quartered), 1 tbsp. Peanut Butter or 1/3 cup Hummus	1/2 cup carrot sticks, 1/3 cup Hummus	Strawberries (1 cup) and 1 cup Vanilla Greek Low-fat Yogurt	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	1/2 cup carrot sticks, 1/3 cup Hummus	Greek Yogurt (8 oz) 1/2 cup berries
Lunch	The Big Salad, Orange (1)	Strawberry Walnut Salad with Feta Cheese and Balsamic, Melon (1 cup)	The Big Salad 1 cup berries	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice
Afternoon Snack	1/3 cup Almonds ½ cup grapes	3 cups Light Popcorn 1 Apple	1/3 cup Almonds ½ cup grapes	1 cup of melon	1 wedge Laughing Cow Cheese wedge 5 Wheat Crackers	1 cup of melon	3 cups Light Popcorn (100 cal pkg)
Dinner	Veggie Burger Pita, 1/2 cup Carrot sticks	Romaine Salad with Orange, Feta & Beans	Veggie Burger Wrap, 1/2 cup Carrot sticks	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice
All Lunches & Dinners can be substituted with a meal plan smoothie for convenience							

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Pre-Workout Snack	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread
Breakfast	Breakfast Fritata	Breakfast Fritata	Fruit Berry Smoothie	1 Hard Boiled Egg 1/2 cup of Oatmeal Orange (1)	Egg White Breakfast Wrap	Fruit Berry Smoothie	Breakfast Veggie Omelette 1 cup Fruit Salad
AM Snack	1 medium Apple 1 tbsp PB	Greek Yogurt (8 oz) 1/2 cup berries	Strawberries (1 cup) and 1 cup Vanilla Greek Low-fat Yogurt	Greek Yogurt (8 oz) 1/2 cup berries	Apple (1 cup quartered), 1 tbsp. Peanut Butter or 1/3 cup Hummus	1/2 cup carrot sticks, 1/3 cup Hummus	Greek Yogurt (8 oz) 1/2 cup berries
Lunch	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice
Afternoon Snack	1 wedge Laughing Cow Cheese wedge 1 Orange	1/3 cup Almonds 1/2 cup grapes	1 cup of melon	3 cups Light Popcorn (100 cal pkg)	1 wedge Laughing Cow Cheese 5 Wheat Crackers	1 cup of melon	3 cups Light Popcorn (100 cal pkg)
Dinner	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice
All Lunches & Dinners can be substituted with a meal plan smoothie for convenience							

Meal	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Pre-Workout Snack	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread
Breakfast	Breakfast Warp	1 Hard Boiled Egg 1/2 cup of Oatmeal Apple (1)	Fruit Berry Smoothie	1 Hard Boiled Egg 1/2 cup of Oatmeal Orange (1)	Egg White Breakfast Wrap	Fruit Berry Smoothie	Breakfast Veggie Omelette 1 cup Fruit Salad
AM Snack	Strawberries (1 cup) and 1 cup Vanilla Greek Low-fat Yogurt	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	1/2 cup carrot sticks, 1/3 cup Hummus	Greek Yogurt (8 oz) 1/2 cup berries
Lunch	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice
Afternoon Snack	1 wedge Laughing Cow Cheese wedge 1 Orange	1/3 cup Almonds 1/2 cup grapes	1 cup of melon	3 cups Light Popcorn (100 cal pkg)	1 wedge Laughing Cow Cheese 5 Wheat Crackers	1 cup of melon	3 cups Light Popcorn (100 cal pkg)
Dinner	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice
All Lunches & Dinners can be substituted with a meal plan smoothie for convenience							