

## *Week #4:*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Green Smoothie w/ Protein Powder	2 Scrambled Eggs with 1 Slice of Ezekiel Bread, 3 slices of Avocado, & ½ Grapefruit	Green Smoothie w/ Protein Powder	Green Smoothie w/ Protein Powder	Choc & Coconut Superfood Shake -or- Green Smoothie w/ Protein	2 Scrambled Eggs w/ 1 Slice of Sprouted Bread, grilled onions, tomato, spinach, & 1-2 slices bacon	Pumpkin Pancakes with blueberries, banana & pecans
Snack	Plain Greek Yogurt w/ ¼ cup Fresh Blueberries	Protein Bar	60g Smoked Salmon & ¾ cup of honeydew or rockmelon	Hard Boiled Egg & ½ Grapefruit	Plain Greek Yogurt w/ ¼ cup Fresh Blueberries	60g Smoked Salmon & ¾ cup of honeydew or rockmelon	Apple w/ 2 Tbs. Almond Butter
Lunch	Large Green Salad w/ 120g Turkey, veggies, ¼ Avocado, & 1 Tbs. Apple Cider Vinaigrette	Leftover Lemon Pepper Baked Cod w/ Steamed Veg	Leftover Chicken & Pineapple Skewers w/ Guacamole	Leftover Chicken and Pineapple Skewers + Steamed Broccoli + ¼ Avocado	Leftover Sautéed Prawn in Tomato Garlic Sauce w/ Spaghetti Squash	CHEAT MEAL!!	Leftover Prawn with Steamed Broccoli
Dinner	Lemon Pepper Baked Cod w/ Steamed Broccoli	Chicken & Pineapple Skewers w/ Guacamole	Med Green Salad w/ veggies, 120g turkey, & 1 Tbs. Balsamic Vinaigrette	Sautéed Prawn in Tomato Garlic Sauce w/ Spaghetti Squash	CHEAT MEAL!!	Large Green Salad w/ veggies & fresh squeezed lemon as dressing	Green Smoothie w/ Protein Powder (light in fruit- no banana)