

Your 7 Day Meal Plan

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|  | BREAKFAST | LUNCH | SNACK | DINNER |
| DAY 1 | WTW Power Smoothie | Greek Salad with Turkey Burger | Raw nuts and sea salt trail mix | Chicken breast with oven roasted vegetables |
| DAY 2 | WTW Power Smoothie | Cole slaw an hemp seeds in salad | Almond Power Bar | Grilled beef steak with green beans and roasted tomatoes |
| DAY 3 | WTW Power Smoothie | Buffalo chicken wraps (chicken, hot sauce, blue cheese in lettuce) | Granny Smith apple with almond butter, cinnamon and pumpkin seeds | Cabbage Salad with hemp seeds |
| DAY 4 | WTW Power Smoothie | Chicken salad on greens with almonds | Chopped coconut or coconut flakes | Mini grass-fed burgers with roasted cauliflower |
| DAY 5 | WTW Power Smoothie | Chicken Caesar Salad | Red Peppers and Tahini dip | Fancy salmon over greens with sauteed zucchini |
| DAY 6 | WTW Power Smoothie | Leftover salmon and greens | Baba ganoush and celery | Chicken Roulade with walnuts and pecorino |
| DAY 7 | WTW Power Smoothie | Ground Turkey Zucchini Boats | Raw vegetables and hummus | Fish fry with steamed vegetables and salad |