MONDAY

day 1

breakfast



Fertility Smoothie

- 1 cup unsweetened almond milk
- ½ avocado
- 1 cup spinach
- 1 tbsp chia seeds
- 1 scoop plant-based protein powder
- ½ cup frozen blueberries

lunch

Grilled Salmon Salad

- 4 oz grilled wild-caught salmon
- Mixed greens, cucumber, cherry tomatoes, and avocado
- Olive oil and lemon vinaigrette







- Choose ONE in the morning and ONE in the afternoon
- 1. Handful of raw almonds and a boiled egg.
- 2. Baby carrots with hummus

dinner

Herb-Roasted Chicken with Quinoa and Steamed Broccoli

- 4 oz organic, pasture-raised chicken breast
- 1/2 cup cooked quinoa
- Steamed broccoli drizzled with olive oil



TUESDAY

day 2

breakfast



Overnight Oats with Flaxseeds

- ½ cup rolled oats
- 1 tbsp ground flaxseeds
- 1 cup unsweetened almond milk
- Top with sliced banana and a sprinkle of cinnamon

lunch

Lentil and Vegetable Soup

- Lentils, carrots, celery, and spinach in a tomatobased broth
- Serve with a slice of whole-grain bread







Choose ONE in the morning and ONE in the afternoon

- 1. Greek yogurt with fresh raspberries
- 2. Sliced cucumber and bell peppers with quacamole

dinner

Grilled Shrimp with Zucchini Noodles and Pesto

- 4 oz grilled shrimp
- Spiralized zucchini with homemade basil pesto



WEDNESDAY

day 3

breakfast



<u>Scrambled Eggs with Spinach and Sweet</u> <u>Potato Toast</u>

- 2 pasture-raised eggs scrambled with spinach
- 1 slice of roasted sweet potato as toast

lunch

Turkey and Avocado Wrap

Organic turkey slices, avocado, and mixed greens wrapped in a collard green leaf



snack



Choose ONE in the morning and ONE in the afternoon

- 1.Small handful of walnuts
- 2. Apple slices with almond butter

dinner

Baked Cod with Roasted Asparagus and Wild Rice

- 4 oz baked cod
- 1 cup roasted asparagus
- 1/2 cup wild rice

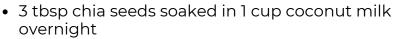


THURSDAY

day 4

breakfast

Chia Seed Pudding



Top with sliced strawberries and a drizzle of honey



lunch

Quinoa Buddha Bowl

- 1/2 cup cooked quinoa
- Roasted sweet potato, steamed kale, chickpeas, and tahini dressing
- · Add turkey or chicken if preferred





snack

Choose ONE in the morning and ONE in the afternoon

1. Hard-boiled egg and a handful of sunflower seeds

2. Fresh orange slices

dinner

<u>Grass-Fed Beef Stir-Fry</u>

- 4 oz grass-fed beef strips
- Stir-fried with broccoli, bell peppers, and snap peas
- Serve over cauliflower rice



SATURDAY

day 6

breakfast

Green Smoothie Bowl



- Blend 1 cup spinach, 1 frozen banana, 1/2 avocado, and 1 cup coconut water
- Top with granola, chia seeds, and sliced kiwi

lunch

Mediterranean Chickpea Salad

- Chickpeas, cucumbers, tomatoes, olives, and feta cheese
- Tossed in olive oil and lemon juice



snack



- Choose ONE in the morning and ONE in the afternoon
- 1. Celery sticks with almond butter
- 2. Handful of mixed nuts

dinner

Baked Chicken Thighs with Roasted Brussels Sprouts and Mashed Cauliflower

- 4 oz organic chicken thighs
- Roasted Brussels sprouts with garlic
- Mashed cauliflower with olive oil



SUNDAY

day 7

breakfast

Protein-Packed Smoothie

- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tbsp flaxseed
- ½ cup frozen mixed berries

lunch

Grilled Chicken Salad

- Mixed greens, cherry tomatoes, cucumbers, and avocado
- Topped with 4 oz grilled chicken and olive oil dressing





snack

Choose ONE in the morning and ONE in the afternoon

- 1. Sliced bell peppers with tzatziki
- 2.Small handful of pumpkin seeds

dinner

Miso-Glazed Salmon with Sautéed Spinach and Brown Rice

- 4 oz wild-caught salmon with miso glaze
- Steamed spinach with sesame seeds
- 1/2 cup brown rice
- Optional add avacado

