

# MEAL PLAN

**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



## *snack*



### 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



# MEAL PLAN

**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 tomato-based broth
- Serve with a slice of whole-grain bread



## *snack*

### Choose ONE in the morning and ONE in the afternoon

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



## *dinner*

### Grilled Shrimp with Zucchini Noodles and Pesto

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





# MEAL PLAN

WEDNESDAY

day 3

## breakfast



### Scrambled Eggs with Spinach and Sweet Potato Toast

- 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



# MEAL PLAN

THURSDAY

day 4

## breakfast



### Chia Seed Pudding

- 3 tbsp chia seeds soaked in 1 cup coconut milk overnight
- 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

### Grass-Fed Beef Stir-Fry

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



# MEAL PLAN

**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





# MEAL PLAN

**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
- ½ cup brown rice
- Optional - add avocado

