









MEAL PLAN: FEB 6-10

								
	PORTIONS →	6	2	4	2 / 1	1	1	4
Breakfast 8:00AM	DIY: Breakfast Bowl	power greens	.5 orange or .5 grapefruit	eggs	sweet & purple potatoes	aguacate		coconut oil
Snack1 10AM	Shakeology	power greens	.25 banana	vegan chocolate ShakeO				almond butter
Lunch 1 PM	Microgreen Salad	power greens red bell pepper micro greens cucumber tomato jicama carrots cilantro	green apple		quinoa		roasted pepita seeds DIY lemon- vinaigrette	
Snack 2 3:00 PM	Vegan Protein Shake	power greens	.25 banana	chocolate vegan protein	.5 oatmeal			almond butter
Dinner 6PM	Miso Tofu	wake seaweed green onion		tofu	soba noodles			sesame oil


* click for recipe

5 Day Shopping List

 **VEGGIES**

1 power greens container
 1 jicama
 1 onion
 1 jicama
 1 cilantro
 1 cucumber
 1 wake seaweed
 2 green onions
 3 red bell peppers
 3 tomatoes
 3 red pepper

CONTAINERS PER DAY

 **FRUITS**

2 organic green apples
 2 grape fruit
 3 oranges
 7 bananas

CONTAINERS PER DAY

 **CARBS**

1 packet soba noodles
 2 purple potatoes
 3 sweet potatoes
 2c oatmeal

CONTAINERS PER DAY

 **HEALTHY FATS**


4 avocado

CONTAINERS PER DAY

 **SEEDS & DRESSINGS**

raw pepita seeds

CONTAINERS PER DAY

 **PROTEINS**


1 dozen hormone free eggs
 vegan protein
 firm non-GMO organic tofu

CONTAINERS PER DAY

 **TEASPOONS**

freshly ground almond butter

TEASPOONS PER DAY

 **FREE FOODS**

Sriracha
 ACV