Meal Plan ~Guilt-er

	BREAKFAST	LUNCH	DINNER
DAY 1	**PROTEIN** *Conscious Egg Scramble*	**PROTEIN** *Chicken Salad with Pistachios*	**COMBINED** *Vegan Buddha Bowl*
DAY 2	**VEGAN** *Conscious Cereal*	**VEG PROTEIN** *Spinach & Lentil Salad with Black Pepper Pesto dressing*	**PROTEIN** *Salmon & Veggie Bowl*
DAY 3	**STARCH** *Buckwheat crepes*	**PROTEIN** *Organic Egg Salad*	**PROTEIN** *Fish Taco Substitute*
DAY 4	**STARCH** *Avocado Toast*	**COMBINED** *Bok choy, mushroom and Quinoa Stirfry, add chicken*	**COMBINED** *Thai Shrimp & Coconut Rice*
DAY 5	**STARCH** *Vegetarian Paella*	**STARCH** *Quinoa & Beet Salad*	**PROTEIN** *Thai Chicken Lettuce Wraps*
DAY 6	**PROTEIN** *The RESET Shake add extra Hemp seeds*	**PROTEIN** *Tuna Nicoie with capers minus the potatoes*	**STARCH** *Barbecue Portobello Quesedillas*
DAY 7	**COMBINED** *2 eggs and 1 slice of GF bread with almond butter*	**COMBINED** *Spaghetti Squash with Pesto and turkey meatballs*	**PROTEIN** *Grilled Mahi Mahi with sautéd spinach*

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Meal Plan-Grill-er

	BREAKFAST	LUNCH	DINNER
DAY 8	**STARCH** *Quinoa with nut butter, cinnamon, ginger and nut milk*	**COMBINED** *Stuffed Red pepper with Swiss chard*	**PROTEIN** *Borscht with goat yogurt*
DAY 9	**VEGAN** *Chia Seed Pudding*	**COMBINED** *Quinoa and Chicken Stirfry*	**PROTEIN** *Beef Stew in a crock pot*
DAY 10	**COMBINED** *Heather's Healthy Pancakes*	**PROTEIN** *Split Pea Soup*	**STARCH** *Pesto Pizza*
DAY 11	**PROTEIN** *Strawberry-Coconut Cream Smoothie add Vegetarian Protein Powder*	**COMBINED** *Chicken Enchiladas*	**PROTEIN** *Salt & Pepper Prawns*
DAY 12	**PROTEIN** *Vegetable Frittata*	**PROTEIN** *Thai Spring Rolls with Tofu*	**PROTEIN** *Ceviche with Papaya with organic guacamole*
DAY 13	**PROTEIN** *Shakshuka*	**PROTEIN** *Salmon & Veggie Bowl*	**STARCH** *Cauliflower & Spinach Casserole on top of rice*
DAY 14	**STARCH** *Pumpkin Smoothie*	**COMBINED** *Gluten-Free Bean Cakes*	**PROTEIN** *Coconut crusted Salmon and salad*

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	BREAKFAST	LUNCH	DINNER
DAY 15	**PROTEIN** *2 organic chicken sausages with sauteed veggies*	**STARCH** *Carrot & Ginger Soup add potato*	**COMBINED** *Hibernation Bowl*
DAY 16	**COMBINED** *Salmon Cakes*	**STARCH** *Vegetable Risotto*	**PROTEIN** *Chardonnay Scallops & Bok choy with Cauliflower Rice*
DAY 17	**STARCH** *Gluten-free toast, ghee and honey*	**PROTEIN** *Steak & Edamame Salad*	**PROTEIN** *Chicken & White Bean Soup*
DAY 18	**STARCH** *Oatmeal with coconut milk and macadamia nut butter*	**PROTEIN** *Kitchari with just Mung Beans*	**STARCH** *Green Curry De-Light*
DAY 19	**VEGAN** *Ants on a log*	**VEG PROTEIN** *Chickpea with lemon and herb salad*	**PROTEIN** *Salmon on a Cedar Board*
DAY 20	**VEGAN** *Veggie Juice with handful of nuts before caffeine*	**STARCH** *Pasta Salad with Gazpacho*	**COMBINED** *Green Pea Veggie Burgers*
DAY 21	**PROTEIN** *Omelet with mushrooms and spinach*	**VEG PROTEIN** *Greek Salad with zucchini and feta cheese*	**PROTEIN** *Vegetarian Stuffed Tomatoes*

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	BREAKFAST	LUNCH	DINNER
DAY 22	**STARCH** *Gluten Free Granola*	**VEGAN** *Artichoke Soup*	**COMBINED** *Vegetarian Tacos*
DAY 23	**VEGAN** *Apple and Nut butter*	**PROTEIN** *Artichoke and Tuna Salad*	**PROTEIN** *Wild Salmon with creamed spinach*
DAY 24	**COMBINED** *Gilicious Apple Bake*	**STARCH** *Brown rice pasta with golden beets & pine nuts*	**PROTEIN** *Chicken & Vegetable Soup*
DAY 25	**STARCH** *Rice Pudding*	**STARCH** *Acorn Squash with cinnamon*	**PROTEIN** *Fixh Stew hold the potatoes*
DAY 26	**PROTEIN** *The Protein Shake*	**PROTEIN** *Mixed greens topped garbanzo beans and avocado with black pepper, pesto dressing*	**PROTEIN** *Grandma Kloppel's Tater Tot casserole, switch tater tots for Cauliflower rice*
DAY 27	**PROTEIN** *Egg crepe*	**VEGAN** *Tomato Basil soup with zucchini*	**COMBINED** *Mac-n-Cheese*
DAY 28	**STARCH** *Fried potatoes with spices, spinach and onions*	**PROTEIN** *Stuffed red peppers with cauliflower rice*	**STARCH** *Pasta with cashew cream sauce*

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	BREAKFAST	LUNCH	DINNER
DAY 29	**STARCH** *Grandma's Apple Crisp*	**VEGAN** *Shredded Carrot Salad*	**PROTEIN** *Bison Steak with Roasted Brussels sprouts and mushrooms*
DAY 30	**PROTEIN** *Scrambled eggs with pinto beans and salsa*	**PROTEIN** *Green Curry Delight with Tofu*	**STARCH** *Make your own sushi*
DAY 31	**STARCH** *Gluten Free Porridge*	**PROTEIN** *Mung Bean Soup*	**STARCH** *Buddha Bowl*
DAY 32	**STARCH** *Pumpkin Smoothie*	**VEGAN** *Sweet Pea and Dill Salad*	**PROTEIN** *Halibut & Brussels sprouts & Cauliflower Rice*
DAY 33	**COMBINED** *Lox Breakfast*	**STARCH** *Creamy Butternut Squash Soup*	**COMBINED** *Tri-Tip with Roasted Veggies & Potatoes*
DAY 34	**STARCH** *Gluten Free toast with nut butter*	**VEGAN** *Dairy Free Asparagus Soup*	**PROTEIN** *Greek Grilled Mahi Madi*
DAY 35	**PROTEIN** *Hibernation Bowl*	**PROTEIN** *Fava Bean salad with Manchego*	**COMBINED** *Gluten Free Lasagna*

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	BREAKFAST	LUNCH	DINNER
DAY 36	**PROTEIN** *Egg Salad*	**VEGAN** *Tomato Soup with Vegan Caesar salad*	**PROTEIN** *Grilled Turkey Carpaccio with Asparagus Salad*
DAY 37	**COMBINED** *Heather's Healthy French Toast*	**VEG PROTEIN** *Spinach & Lentil salad*	**STARCH** *Vegan Mac n Cheese*
DAY 38	**STARCH** *Veggie Stir Fry over quinoa*	**PROTEIN** *Stuffed Mushrooms*	**PROTEIN** *Filet with Asparagus with lemon and organic ghee*
DAY 39	**PROTEIN** *Berry Coconut Smoothie*	**STARCH** *Make your own Vegan Sushi*	**VEG PROTEIN** *Easy Masoor Dal*
DAY 40	**PROTEIN** *Goat Cheese Frittata*	**VEGAN** *Mushroom & Chestnut Burgers*	**PROTEIN** *Anahi's Chile Rellenos*

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