

Meal Plan ~ Connector

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

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DAY 8

BREAKFAST

STARCH
Quinoa with nut butter, cinnamon, ginger and nut milk

LUNCH

PROTEIN
Stuffed Red pepper with Swiss chard (no rice)

DINNER

PROTEIN
Borscht with goat yogurt

DAY 9

VEGAN
Chia Seed Pudding

STARCH
Quinoa & Beet Salad

PROTEIN
Beef Stew in a crock pot

DAY 10

COMBINED
Heather's Healthy Pancakes

VEG PROTEIN
Split Pea Soup

STARCH
Pesto Pizza

DAY 11

VEGAN
Strawberry-Coconut Cream Smoothie

COMBINED
Chicken Enchiladas

PROTEIN
Salt & Pepper Prawns

DAY 12

PROTEIN
Vegetable Frittata

STARCH
Thai Spring Rolls with Rice Noodles

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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DAY 15

BREAKFAST

PROTEIN
2 organic chicken
sausages with sauteed
veggies

LUNCH

STARCH
Carrot & Ginger Soup
add potato

DINNER

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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DAY 22

BREAKFAST

STARCH
Gluten Free Granola

LUNCH

VEGAN
Artichoke Soup

DINNER

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

STARCH
Mixed greens topped butternut squash 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

STARCH
Tomato Basil soup with zucchini with a slice of gluten free bread and olive oil

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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DAY 29

BREAKFAST

STARCH
Grandma's Apple Crisp

LUNCH

VEGAN
Shredded Carrot Salad

DINNER

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*

STARCH
*Dairy Free Asparagus
Soup with a slice of
Gluten Free Bread and
olive oil*

PROTEIN
*Greek Grilled Mahi
Mahi*

DAY 35

PROTEIN
Hibernation Bowl

PROTEIN
*Fava Bean salad with
Manchego*

COMBINED
Gluten Free Lasagna

Meal Plan ~ Connect-OR

DAY 36

BREAKFAST

PROTEIN
Egg Salad

LUNCH

VEGAN
*Tomato Soup with
Vegan Caesar salad*

DINNER

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
