

MEAL IDEAS

FOR WEEK 2

NOURISH^{with} *Heather*

BREAKFAST IDEAS

Avocado Toast

Chia Seed Pudding

Conscious Cereal

Pumpkin Smoothie

Vegetable Risotto

Quinoa with nut milk, nut butter

MEAL/FLAVOR

Starch/Hot:Savory

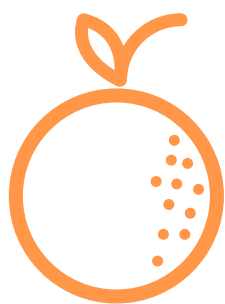
Vegan/Cold:Sweet

Vegan:Cold/Sweet

Starch:Cold/Sweet

Starch: Hot/Savory

Starch: Hot/Sweet



MEAL IDEAS

FOR WEEK 2

NOURISH^{with} *Heather*

BREAKFAST IDEAS

Chicken Sausages & Veggies

Chickpea Omelet

Banana & Almond Butter

RESET shake

Hibernation Bowl

Bok Choy Quinoa Stirfry

MEAL/FLAVOR

Protein: Hot/Savory

Protein: Hot/Savory

Vegan: Cold/Sweet

Vegan: SO GOOD!

Protein: Hot/Savory

Starch: Hot/Savory