	Breakfast	Lunch	Dinner
Day 1	Conscious Egg Scramble (PROTEIN)	Spinach and Lentil Salad with Black Pepper Pesto Salad Dressing (VEG PRO)	Fish Taco Substitute (PROTEIN)
Day 2	Chicken Sausage Frittata (PROTEIN)	Chicken Salad with Pistacios (PROTEIN)	Cauliflower & Spinach Casserole (VEGAN)
Day 3	Berry Coconut Smoothie (PROTEIN)	Organic Egg Salad (PROTEIN)	Grilled Salmon with herbed Lentils and Salsa Verde (PROTEIN)
Day 4	Apple with Almond Butter (VEGAN)	Barbecue Portobello Quesadillas (STARCH)	Thai Chicken Lettuce Wraps (PROTEIN)
Day 5	Avocado Toast (STARCH)	Spaghetti Squash with Pesto (STARCH)	Black Pepper Pesto w/ Cauliflower Steaks and Asparagus Sautéed in Coconut Oil (PROTEIN)
Day 6	Conscious Cereal (VEGAN)	Carrot Ginger Soup (PROTEIN)	Vegan Buddha Bowl (COMBINED)
Day 7	2 Eggs and 1 Slice Brown Rice Bread with Almond Butter (COMBINED)	Chicken and Veggie Soup (PROTEIN)	Chock Full of Veggies Chili (PROTEIN)
Day 8	Borscht (COMBINED)	Vegetarian Paella (STARCH)	Scallops Sauté wth Bok Choy and Kale Chips (PROTEIN)
Day 9	Quinoa Flakes with almond butter (STARCH)	Split Pea Soup (VEGAN)	Herb Crusted Grouper with Yellow Heirloom Tomato Sauce (PROTEIN)
Day 10	The RESET Shake (VEGAN)	Organic Vegetable Soup (VEGAN)	Mahi with Brussels Sprouts and Braggs Amino Acids with Cauliflower Mashed Potatoes (PROTEIN)

	Breakfast	Lunch	Dinner
Day 11	Fried Potatoes with Spices, Spinach and Onions (STARCH)	Vegetable Risotto (STARCH)	Salt and Pepper Prawns (PROTEIN)
Day 12	Mint Chocolate Chip Smoothie (PROTEIN)	Thai Spring Rolls (VEGAN)	Ceviche with Papaya with Organic Guacamole (PROTEIN)
Day 13	Quinoa flakes with Coconut Milk and Almond Butter (STARCH)	Salmon Salad with Hummus and Cucumbers (PROTEIN)	Beef Stew in a Crock Pot (add potatoes for a combined meal) (PROTEIN)
Day 14	Heather's Healthy Pancakes (STARCH)	Tuna Nicoise Salad with Capers and Red Potatoes (COMBINED)	Thai Food: Spicy Shrimp with Coconut Rice (COMBINED)
Day 15	Omelet with Your Favorite Veggies (PROTEIN)	Quinoa and Beet Salad (STARCH)	Mussels with Broth and a bit of Garlic Lemon Butter or Ghee (PROTEIN)
Day 16	Vegetable Frittata (PROTEIN)	Sweet Peas & Dill Salad (VEGAN)	Sashimi with Miso Soup and Edamame (PROTEIN)
Day 17	Whole Goat Yogurt Plain with Almonds and Honey (PROTEIN)	Brown Rice Pasta with Zucchini and Creamy Cashew Tomato Sauce (VEGAN)	Roasted Organic Chicken with Moroccan Spices (PROTEIN)
Day 18	2 Organic Chicken Sausages with Sauteed Veggies (PROTEIN)	Salmon and Rice Bowl (COMBINED)	Filet and Asparagus with Lemon and Organic Ghee (PROTEIN)
Day 19	THE Protein Shake (PROTEIN)	Creamy Butternut Squash Soup (STARCH)	Dark Meat Chicken and Shredded Carrot Salad (PROTEIN)
Day 20	Salmon Cakes (COMBINED)	Veggie Stir-fry over Quinoa (STARCH)	Mushroom & Chestnut Burgers (VEG PRO)

	Breakfast	Lunch	Dinner
Day 21	Conscious Cereal (VEGAN)	Tomato Basil Soup with Zucchini (FREE)	Coconut crusted Salmon with Curry and Rice (COMBINED)
Day 22	Healthy French Toast (COMBINED)	Greek Grilled Shrimp with Sauteed Veggies (PROTEIN)	Chicken and White Bean Soup (PROTEIN)
Day 23	Pumpkin Smoothie (COMBINED)	Gluten Free Bean Cakes (COMBINED)	Artichoke Soup (VEGAN)
Day 24	Chicken Sausage Fritatta (PROTEIN)	Artichoke and Tuna Salad (PROTEIN)	Hibernation Bowl (COMBINED)
Day 25	Vegetable Juice and a Handful of Almonds (FREE)	Steak and Edamame Salad (PROTEIN)	Chicken Enchiladas (COMBINED)
Day 26	Oatmeal with Coconut milk and Almond Butter (STARCH)	Chickpea with Lemon and Herb Salad (VEG PRO)	Stuffed Red Peppers with Rice and Chard (COMBINED)
Day 27	Gluten Free Granola (STARCH)	Vegan Lettuce Wraps (VEGAN)	Conscious Meat or Bean Protein Burger with Cole Slaw (PROTEIN)
Day 28	Egg White Scramble (PROTEIN)	Greek Salad with Zucchini (VEGAN)	Pesto Pizza (STARCH)
Day 29	Organic Eggs in a Hole (COMBINED)	Kitchari (COMBINED)	Green Curry De-Light (PROTEIN)
Day 30	Ants On A Log with Nut Butter (VEGAN)	Roasted Yams with Quince and Fennel (STARCH)	Salmon on a Cedar Board (PROTEIN)

	Breakfast	Lunch	Dinner
Day 31	Chickpea Omelet (PROTEIN)	Acorn Squash with Ghee and Cinnamon (STARCH)	Spaghetti Squash with Dairy Free Pesto (STARCH)
Day 32	Chia Seed Pudding (VEGAN)	Tomato Soup and Vegan Caesar Salad (VEGAN)	Wild Salmon with Creamed Spinach (PROTEIN)
Day 33	Quinoa and Egg Muffin (COMBINED)	Strawberry Coconut Cream Smoothie (COMBINED)	Roasted Veggies with Chimichurri Sauce (VEGAN)
Day 34	Gilicious Apple Bake (COMBINED)	Coconut Wraps (LUNCH)	Green Pea Veggie Burgers (COMBINED)
Day 35	Berry Coconut Smoothie (PROTEIN)	Arugula/Radish Salad (VEGAN)	Tuna Nicoise Salad (PROTEIN)
Day 36	Orange Julia (PROTEIN)	Grape Leaves and Goat Cheese (COMBINED)	Grilled Shrimp and Mango/Radish Salad (PROTEIN)
Day 37	Egg Salad (PROTEIN)	Pasta Salad and Gazpacho (STARCH)	Brown Rice Pasta with Cashew Cream Marinara (STARCH)
Day 38	Rice Pudding (STARCH)	Shredded Carrot Salad (VEGAN)	Jackfruit Taco Bowl (VEGAN)
Day 39	Grandma's Apple Crisp (STARCH)	Mung Bean Soup (PROTEIN)	Vegetarian Tacos (COMBINED)
Day 40	Scrambled Eggs with Pinto Beans and Salsa (PROTEIN)	Organic Vegetable Soup (VEGAN)	Vegetarian Stuffed Tomatoes (COMBINED)