



General Cleanse Meal Plan

WEEK ONE

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Steel Cut Oats w/berries, almond milk & nuts	Green Apple w/Nut Butter	Cauliflower Soup & Large Green Salad w/Veggies	Hummus w/Fresh raw veggies	Stir Fry Veggies w/Tempeh o/Quinoa & Kale Salad
Day 2	Green Juice & Miso Soup	Almonds w/Piece of Fruit	Stir Fry Veggies & Soup	Protein Shake	Brown Rice penne with Marinara & Salad
Day 3	Green Smoothie	Hummus & Veggies	Large Green Salad w/Veggie Burger	Edamame Beans	Black Bean Chili & Large Salad
Day 4	Millet w/Almond Milk & Berries	Green Juice & Nuts	Cauliflower Soup & Nori Rolls	Popcorn w/Nutr. Yeast	Leftover Pasta from Day 2 & Salad
Day 5	Miso Soup w/Hummus & Brown Rice Tortilla	Berries w/Coconut yogurt	Black Bean Chili & Small Salad	Handful Nuts & 1/2 apple	Baked Yam w/ Fresh Sautéed Veggie Medley in Garlic & OO
Day 6	Steel Cut Oats w/Berries, raisins & apple	Green Apple w/Nut Butter	Brown Rice Wrap w/Black Beans, hummus, lettuce & salsa	Baked Blue Corn Chips & Guac	Stir Fry Veggies w/Tempeh o/Quinoa & Kale Salad
Day 7	Green Juice & Fresh Berries w/Coconut Yogurt	Popcorn	Stir Fry Veggies & Side Salad	Cup of Soup	Veggie Fajitas w/Side Salad

WEEK TWO

Day 1	Steel Cut Oats w/berries, almond milk & nuts	Lara Bar or Almonds w/Fruit	Soup w/large Green Salad	Blue Corn Chips (baked) w/Guac & salsa	Coconut Basil Stir Fry o/quinoa
Day 2	Green Juice & Miso Soup	Guac & Veggies	Mock Tuna on Bed of Greens w/Rice Crackers	Protein shake	Asst. Roasted Veggies w/Wild Rice & Sid Salad
Day 3	Steel Cut Oats with nut butter & berries	Berries in Almond milk w/cinnamon	Veggie Burger on Bed of Greens w/Raw Veggies	Carrots & Hummus	3 Bean Chili w/Greek Salad
Day 4	Miso Soup with Hummus & Crackers	Popcorn	3 Bean Chili w/Small Salad	2 Rice Cakes w/Almond Butter	Tempeh Squares w/Roasted Cauliflower & Sauteed Kale
Day 5	Hot Quinoa Cereal w/Fresh Fruit	Raw Veggies w/edamame dip	Rice Wrap w/hummus, raw veggies & side salad	handful cashews & apples	Baked Acorn Squash w/Tahini Sauce & Large Salad
Day 6	Green Juice & Fruit Plate	Green Apple w/Nut Butter	Tempeh Squares (leftover from dinner on day 4) w/Large Kale Salad	Green Smoothie	Baked Ziti Pasta w/Cashew Cheese & Side of Sauteed Greens (your choice)
Day 7	Millet Cereal w/Raisins, almond Milk & nuts	3 Dates & handful of almonds	Baked Ziti w/ Large Green Salad	Quinoa Tabbouleh	Sauteed Asst Veggies in Garlic & Olive oil over Quinoa & small green salad

WEEK THREE

Day 1	Green Juice & Fruit Plate	Veggies & hummus w/salsa	Quinoa Tabbouleh & Divine Rice Wrap	Popcorn	Pasta w/Veggies & Pesto & Green Salad
Day 2	Hot Quinoa Cereal w/Fresh Fruit & Nuts	Protein Shake	Large Green Salad w/Veggie Burger	Veggies & Guac	Stir Fry Coconut Basil over quinoa
Day 3	Green Juice & Fruit Plate	3 Dates & handful Cashews	Large Kale Salad w/Chick Pea Tuna on Top	Cup of Soup w/8 rice crackers	Sweet Potato Tempeh Stew
Day 4	Hot Brown Rice Cereal w/Berries, Almond Milk & nut butter	Green Smoothie	Coconut Basil Stir Fry o/Quinoa or Brown Rice & Green salad	Fruit & Nuts	Large Green Salad & Veggie Burger
Day 5	Green Smoothie & Handful Nuts	Chick Pea Tuna scoop	Soup & Large Green Salad	2 rice cakes w/nut butter	2 Tempeh Tacos w/Dijon Slaw
Day 6	1 Slice Gluten free toast w/nut butter & apple	Dijon Slaw	Sweet Potato Tempeh Stew	Green Smoothie or Protein Shake	Veggie Fajitas w/Black Beans & Green Salad
Day 7	Green Juice & Fruit Plate	3 Dates & handful Cashews	Soup & Large Green Salad	Veggies & Hummus	Sweet Potato Tempeh Stew

WEEK FOUR

**COMBINE ANY OF THE MEALS ABOVE OR REPEAT WEEK 1