



## General Cleanse Meal Plan

### WEEK ONE

	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
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 Sauteed 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