

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Apple Cinnamon Smoothie:</i> Blend 1 cup milk, 1 apple, cored and chopped, 1 tbsp each ground flaxseed and coconut oil, ½ scoop protein powder and ½ tsp cinnamon with ½ cup ice</p> <p>SNACK: 1 orange; ¼ cup walnuts</p> <p>LUNCH: 1 serving Squash & Goat Cheese Quiche with Almond Crust (p. 73; save leftovers)</p> <p>SNACK: ½ cups vegetable broth, heated</p> <p>DINNER: 1 Serving Orange Miso Salmon Bowl (p. 75; save leftovers)</p>	<p>BREAKFAST: <i>Apple Oats</i> (p. 76)</p> <p>SNACK: <i>Parsnip Fries:</i> Toss 6 cups parsnip strips with 3 tbsp melted coconut oil, 2 cloves garlic, chopped, ½ tsp each pepper, cumin and cinnamon and ¼ tsp salt. Bake at 450°F for 10 minutes, flip and bake 10 to 15 minutes more, until tender. (Divide into 4 servings; eat 1 serving, save leftovers.)</p> <p>LUNCH: 1 Serving Orange Miso Salmon Bowl (leftovers, p. 75)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>DINNER: 1 serving Squash & Goat Cheese Quiche with Almond Crust (leftovers, p. 73) ½ cup cooked brown rice</p>	<p>BREAKFAST: 1 serving Squash & Goat Cheese Quiche with Almond Crust (leftovers, p. 73)</p> <p>SNACK: 1 orange</p> <p>LUNCH: 1 serving <i>Shaved Brussels Sprouts Salad</i> (p. 76; save leftovers)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>DINNER: 1 Serving Orange Miso Salmon Bowl (leftovers, p. 75)</p>
<p>NUTRIENTS: Calories: 1,780, Fat: 95 g, Sat. Fat: 33 g, Carbs: 156 g, Fiber: g, Sugars: 69 g, Protein: 86 g, Sodium: 1,689 mg, Cholesterol: 337 mg</p>	<p>NUTRIENTS: Calories: 1,997, Fat: 84 g, Sat. Fat: 30 g, Carbs: 241 g, Fiber: 45 g, Sugars: 72 g, Protein: 85 g, Sodium: 1,665 mg, Cholesterol: 337 mg</p>	<p>NUTRIENTS: Calories: 2,090, Fat: 111 g, Sat. Fat: 27 g, Carbs: 205 g, Fiber: 42 g, Sugars: 91 g, Protein: 91 g, Sodium: 1,581 mg, Cholesterol: 345 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Apple Oats</i> (p. 76)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>LUNCH: 1 Serving Orange Miso Salmon Bowl (leftovers, p. 75)</p> <p>SNACK: 1 serving Parsnip Fries (leftovers, reheated)</p> <p>DINNER: 1 serving <i>Butternut Squash, Leek & Apple Soup</i> (p. 76; save leftovers)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p>	<p>BREAKFAST: <i>Apple Cinnamon Smoothie:</i> Blend 1 cup milk, 1 apple, cored and chopped, 1 tbsp each ground flaxseed and coconut oil, ½ scoop protein powder and ½ tsp cinnamon with ½ cup ice</p> <p>SNACK: 1 orange</p> <p>LUNCH: 1 serving Squash & Goat Cheese Quiche with Almond Crust (leftovers, p. 73)</p> <p>SNACK: 1 serving Parsnip Fries (leftovers, reheated)</p> <p>DINNER: 1 serving Butternut Squash, Leek & Apple Soup (leftovers, p. 76; reheated)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p>	<p>BREAKFAST: <i>Apple Oats</i> (p. 76)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>LUNCH: 1 serving Butternut Squash, Leek & Apple Soup (leftovers, p. 76; reheated)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p> <p>SNACK: 1 serving Parsnip Fries (leftovers, reheated)</p> <p>DINNER: 1 serving Shaved Brussels Sprouts Salad (leftovers, p. 76)</p> <p>½ cup cooked brown rice</p>	<p>BREAKFAST: <i>Breakfast Bowl:</i> Cook ¼ cup brown rice in ½ cup water. Toss with ¼ tsp apple cider vinegar. Cook 1 leek, sliced, and 1 clove garlic, minced, in 1 tbsp coconut oil; toss with rice. Top with 1 egg, cooked, and dash of hot sauce.</p> <p>SNACK: <i>Apple Cinnamon Smoothie:</i> Blend 1 cup milk, 1 apple, cored and chopped, 1 tbsp each ground flaxseed and coconut oil, ½ scoop protein powder and ½ tsp cinnamon with ½ cup ice</p> <p>LUNCH: 1 serving Shaved Brussels Sprouts Salad (leftovers, p. 76)</p> <p>SNACK: 1 orange; ¼ cup walnuts</p> <p>DINNER: 1 serving Butternut Squash, Leek & Apple Soup (leftovers, p. 76; reheated)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p>
<p>NUTRIENTS: Calories: 1,970, Fat: 82 g, Sat. Fat: 37 g, Carbs: 263 g, Fiber: 46 g, Sugars: 80 g, Protein: 71 g, Sodium: 1,699 mg, Cholesterol: 125 mg</p>	<p>NUTRIENTS: Calories: 1,963, Fat: 115 g, Sat. Fat: 48 g, Carbs: 191 g, Fiber: 41 g, Sugars: 77 g, Protein: 62 g, Sodium: 1,269 mg, Cholesterol: 305 mg</p>	<p>NUTRIENTS: Calories: 2,209, Fat: 114 g, Sat. Fat: 37 g, Carbs: 271 g, Fiber: 50 g, Sugars: 94 g, Protein: 51 g, Sodium: 1,067 mg, Cholesterol: 68 mg</p>	<p>NUTRIENTS: Calories: 2,396, Fat: 146 g, Sat. Fat: 54 g, Carbs: 232 g, Fiber: 41 g, Sugars: 93 g, Protein: 65 g, Sodium: 993 mg, Cholesterol: 254 mg</p>