

MONDAY		TUESDAY		WEDNESDAY			
<p><b>BREAKFAST:</b> <i>Morning Quinoa Bowl:</i> Bring 1½ cups milk, ¾ cup quinoa, ¾ tsp cinnamon and ½ tsp each cloves, nutmeg and ginger to a boil. Reduce heat, cover and simmer 10 minutes. Set aside, covered, 5 minutes. Stir in 1 tbsp maple syrup (eat ½, save leftovers). Top with ½ banana, sliced, 2 tbsp chopped almonds and ½ tsp each pumpkin and chia seeds.</p> <p><b>SNACK:</b> <i>Three-Seed Energy Bites:</i> In a food processor, blend 1 cup shredded coconut, ½ cup coconut oil, melted, ½ cup each almonds and pumpkin seeds, ¼ cup each tahini, sesame seeds, chia seeds and cacao nibs, 6 pitted Medjool dates, ½ tsp cinnamon and ⅛ tsp each nutmeg and ginger until mostly smooth. Roll into 12 balls and place on a cookie sheet; freeze 30 minutes, transfer to a container and store in freezer. (Eat 1, save leftovers. Note that you will have extra bites at the end of the week; store in freezer for future use.)</p> <p><b>LUNCH:</b> <i>Spinach &amp; Egg Salad:</i> Toss 3 cups baby spinach, ½ cup each chopped celery and red bell pepper and 2 tbsp sesame seeds. Dress with mixture of 2 tbsp avocado oil, 1 tbsp lemon juice, 2 tsp maple syrup, 1 tsp nutritional yeast and pinch each salt and pepper. Top with 2 hard-boiled eggs, sliced.</p> <p><b>SNACK:</b> <i>Quick Guacamole:</i> Mash together 1 avocado, 1 clove garlic, minced, 2 tbsp lime juice and ¼ tsp salt (eat ½, save leftovers); 1 oz whole-grain crackers</p> <p><b>DINNER:</b> 1 serving Coconut Shrimp Stir-Fry (p. 78; save leftovers)</p>		<p><b>BREAKFAST:</b> <i>Yogurt Parfait</i> (p. 83)</p> <p><b>SNACK:</b> 1 Three-Seed Energy Bite (leftovers)</p> <p><b>LUNCH:</b> <i>Spinach &amp; Egg Salad:</i> Toss 3 cups baby spinach, ½ cup each chopped celery and red bell pepper and 2 tbsp sesame seeds. Dress with mixture of 2 tbsp avocado oil, 1 tbsp lemon juice, 2 tsp maple syrup, 1 tsp nutritional yeast and pinch each salt and pepper. Top with 2 hard-boiled eggs, sliced.</p> <p><b>SNACK:</b> Quick Guacamole (leftovers); 1 oz whole-grain crackers</p> <p><b>DINNER:</b> 1 serving Coconut Shrimp Stir-Fry (leftovers, p. 78)</p>		<p><b>BREAKFAST:</b> 1 serving Morning Quinoa Bowl (leftovers), topped with ½ banana, sliced, 2 tbsp chopped almonds and ½ tsp each pumpkin seeds and chia seeds</p> <p><b>SNACK:</b> ¼ cup pumpkin seeds</p> <p><b>LUNCH:</b> 1 serving Coconut Shrimp Stir-Fry (leftovers, p. 78)</p> <p><b>SNACK:</b> 1 Three-Seed Energy Bite (leftovers)</p> <p><b>DINNER:</b> 1 serving Sweet Potato Lasagna (p. 80; save leftovers)</p>			
<p><b>NUTRIENTS:</b> Calories: 2,247, Fat: 130 g, Sat. Fat: 43 g, Carbs: 204 g, Fiber: 42 g, Sugars: 50 g, Protein: 82 g, Sodium: 1,534 mg, Cholesterol: 550 mg</p>		<p><b>NUTRIENTS:</b> Calories: 2,246, Fat: 143 g, Sat. Fat: 47 g, Carbs: 164 g, Fiber: 41 g, Sugars: 49 g, Protein: 93 g, Sodium: 1,546 mg, Cholesterol: 565 mg</p>		<p><b>NUTRIENTS:</b> Calories: 2,031, Fat: 103 g, Sat. Fat: 44 g, Carbs: 199 g, Fiber: 36 g, Sugars: 55 g, Protein: 95 g, Sodium: 1,517 mg, Cholesterol: 221 mg</p>			
THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<p><b>BREAKFAST:</b> <i>Yogurt Parfait</i> (p. 83)</p> <p><b>SNACK:</b> 1 Three-Seed Energy Bite (leftovers)</p> <p><b>LUNCH:</b> 1 serving Sweet Potato Lasagna (leftovers, p. 80)</p> <p><b>SNACK:</b> 1 serving <i>Roasted Chickpeas</i> (p. 81, save leftovers)</p> <p><b>DINNER:</b> 1 serving Coconut Shrimp Stir-Fry (leftovers, p. 78)</p>		<p><b>BREAKFAST:</b> <i>Yogurt Parfait</i> (p. 83)</p> <p><b>SNACK:</b> 1 serving Roasted Chickpeas (leftovers, p. 81)</p> <p><b>LUNCH:</b> <i>Chicken Quinoa Soup</i> (p. 81; save leftovers)</p> <p><b>SNACK:</b> 1 Three-Seed Energy Bite (leftovers)</p> <p><b>DINNER:</b> 1 serving Sweet Potato Lasagna (leftovers, p. 80)</p>		<p><b>BREAKFAST:</b> <i>Fried Egg &amp; Greens</i> (p. 83)</p> <p><b>SNACK:</b> 1 Three-Seed Energy Bite (leftovers)</p> <p><b>LUNCH:</b> 1 serving Chicken Quinoa Soup (leftovers, p. 81)</p> <p><b>SNACK:</b> 1 serving Roasted Chickpeas (leftovers, p. 81)</p> <p><b>DINNER:</b> 1 serving Sweet Potato Lasagna (leftovers, p. 80)</p>		<p><b>BREAKFAST:</b> <i>Fried Egg &amp; Greens</i> (p. 83)</p> <p><b>SNACK:</b> ¼ cup pumpkin seeds</p> <p><b>LUNCH:</b> <i>Kale Salad:</i> Massage 4 cups shredded kale with 1 tbsp each tahini and lemon juice, ½ tsp avocado oil and ¼ tsp each salt and pepper. Top with ½ cup each diced red pepper and diced celery, 1 serving Roasted Chickpeas (leftovers, p. 81) and 2 tbsp sunflower seeds.</p> <p><b>SNACK:</b> 2 Three-Seed Energy Bites (leftovers)</p> <p><b>DINNER:</b> 1 serving Chicken Quinoa Soup (leftovers, p. 81)</p>	
<p><b>NUTRIENTS:</b> Calories: 2,051, Fat: 112 g, Sat. Fat: 54 g, Carbs: 174 g, Fiber: 38 g, Sugars: 56 g, Protein: 102 g, Sodium: 1,930 mg, Cholesterol: 236 mg</p>		<p><b>NUTRIENTS:</b> Calories: 1,900, Fat: 104 g, Sat. Fat: 42 g, Carbs: 157 g, Fiber: 36 g, Sugars: 55 g, Protein: 95 g, Sodium: 1,779 mg, Cholesterol: 105 mg</p>		<p><b>NUTRIENTS:</b> Calories: 1,828, Fat: 108 g, Sat. Fat: 48 g, Carbs: 149 g, Fiber: 41 g, Sugars: 38 g, Protein: 80 g, Sodium: 2,289 mg, Cholesterol: 256 mg</p>		<p><b>NUTRIENTS:</b> Calories: 2,107, Fat: 150 g, Sat. Fat: 58 g, Carbs: 138 g, Fiber: 46 g, Sugars: 33 g, Protein: 76 g, Sodium: 2,027 mg, Cholesterol: 212 mg</p>	