

Meal Plan

WEEK TWO

DAY 8

Lunch:
Mixed Greens with Tahini Dressing and (leftover) Black Bean Burger

Dinner:
Creamy Sweet Potato Soup

DAY 9

Lunch:
Creamy Sweet Potato Soup (leftover) and Asian Sesame Slaw

Dinner:
Carrot Ginger Soup

DAY 10

Lunch:
Carrot Ginger Soup (leftover)

Dinner:
Cauliflower Alfredo with Kale & Sundried Tomatoes

DAY 11

Lunch:
Lemony Broccoli
OR Cauliflower Alfredo with Kale and Sundried Tomatoes (leftover)

Dinner:
Spicy Dahl on Cool Cauliflower Rice

DAY 12

Lunch:
Salmon Avocado Sushi

Dinner:
Mixed Greens salad with Tahini Dressing

DAY 13

Lunch:
Curried Chickpeas Served with crackers, lettuce boat or Simple Green Salad

Dinner:
Breakfast for Dinner Casserole

DAY 14

Lunch:
Breakfast for Dinner Casserole (leftover)

Dinner:
Wasabi Salmon with Artichoke & Mushroom Mix

WHAT ARE THE THINGS YOU HAVE NOTICED REALLY WORK FOR YOU AND WHAT ARE THE THINGS THAT DON'T?

ONLY ONE MORE WEEK TO GO FOR THE RESET, HOWEVER THE MORE YOU ANALYZE THE PROCESS, THE MORE YOU WILL BE ABLE TO STICK TO THE HABITS THAT BENEFIT AND ENHANCE YOUR WELLBEING.