

# Meal Plan

WEEK ONE

You do not have to follow this meal plan perfectly, you can modify the recipes and schedule to suit your taste and lifestyle. Enjoy extra leftovers if it's too much food or combine more food if the meal has not satisfied you. Most importantly, stick to the food guide principles and enjoy life through your food! Breakfast consists of your morning drinks but do not be overly restrictive, feel free to add a fat filled snack if you are still hungry.

## DAY 1

Lunch:

Tuna Lettuce Wraps

Dinner:

Butternut Squash Soup

## DAY 2

Lunch:

Butternut Squash Soup (leftover)

Dinner:

Sesame Roasted Asparagus and  
Cool Cauliflower Rice

## DAY 3

Lunch:

Baby Greens Crunch and Cool  
Cauliflower Rice (leftover)

Dinner:

Creamy Mushroom Soup

## DAY 4

Lunch:

Creamy Mushroom Soup (leftover)  
and Creamy Avocado Salad

Dinner:

Falafel with Broccoli & Almonds

## DAY 5

Lunch:

Yummy Asparagus Salad

Dinner:

Cashew Cauliflower Soup

## DAY 6

Lunch:

Cashew Cauliflower Soup  
(leftover) with Yellow Brussels

Dinner:

Carrot Fries and Garlic Spinach

## DAY 7

Lunch:

Creamy Mushroom Soup (leftover)  
and Creamy Avocado Salad

Dinner:

Falafel with Broccoli & Almonds

**REFLECT ON HOW YOU MAY  
ALTER WEEK TWO TO MAKE SURE  
YOU FEEL LIKE YOU HAVE THE  
TIME AND SUPPORT TO CONTINUE  
WITH THE RESET.**

**KEEP IT UP, YOU ARE DOING  
GREAT!**