

GET



Meal Planning

Weekly Meal Planning Worksheet

| | Breakfast | Lunch | Dinner |
|-----------|--|---|--|
| Monday | Choco power smoothie & probiotics | Sweet Potato discs with cashew cream cheese | anti-inflammatory soup |
| Tuesday | Green Mango energy smoothie & probiotics | Beetroot mignon with pecan vinaigrette | Carrot cream soup |
| Wednesday | Choco power smoothie & probiotics | steamed broccoli and squash with avocado cream & seeds | Sweet potato sticks with Tomato Sauce |
| Thursday | Mood Enhancing oat milk plus & probiotics | Sweet Potato discs with cashew cream cheese | chia seed pudding with berries and pecan bits |
| Friday | Green Mango energy smoothie & probiotics | steamed broccoli sweet potato and zucchini with avocado & nut cream | Steamed carrot and spinach tropical cream soup |
| Saturday | 2-3 dates with probiotics. Choco Power smoothie | Detox Probiotic Juice Pina Colada | Greens cream Soup |
| Sunday | Detox Probiotic Juice | Detox Probiotic Juice | Detox Probiotic Juice |

*NOTE: BULLETPROOF OOLONG MUST BE TAKEN DAILY BEFORE WORKOUT. OPTIONAL INTERMITTENT FASTING, OR WITH A SMOOTHIE AFTER WORKOUT.



Life Synergy