

# Sample Meal Plan

It feels good to eat well and healthy

Each of us can unlearn destructive habits and start living to our fullest potential. We need to listen to our bodies and fill them with whole, natural foods that nourish us. for more recipes please visit the Recipes Page.



## BREAKFAST

2 EGGS  
1-2 PIECES OF FRUIT  
1 ENERGY BALL

IF EGGS ARE NOT A GOOD CHOICE FOR PROTEIN YOU CAN ALWAYS DRINK A SMOOTHIE IN MORNING WITH PROTEIN POWDER.



## LUNCH

1/2 CUP TUNA OR GRILLED SALMON  
BEET SALAD AND GREENS

TUNE INTO YOUR BODY TO SEE HOW MUCH OR LITTLE PROTEIN YOU NEED.



## DINNER

LEAN MEAT OR CHICKEN  
1 CUP GREEN BEANS  
1 CUP CARROT GINGER SOUP

PROTEIN IS KEY FOR BUILDING CELLS, MAINTAINING TISSUE INTEGRITY AND PRODUCING CRITICAL ENZYMES, HORMONES AND OTHER CHEMICALS THE BODY NEEDS TO FUNCTION.



## SNACK

1 FRUIT OR SOME NUTS AND SEEDS

MAKE SURE TO EAT A RAINBOW TO MAKE SURE YOU ARE GETTING FULL SPECTRUM OF VITAMINS AND NUTRIENTS.  
RED FRUITS SUPPORT THE HEART WHILE YELLOW FRUITS IMPROVE CIRCULATION.

adi  
shamir