

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Breakfast</p> <p>☉ 1 slice organic bread, 21 whole grains and seeds 2 servings</p> <p>☉ 1 cup coconut milk yogurt alternative, unsweetened vanilla 2 servings</p> <p>☉ 1/2 cup wild blueberries 2 servings</p>	<p>Sweet Potato Hash 2 servings</p>	<p>Breakfast Tacos 2 servings</p>	<p>Blueberry Banana Pancakes 2 servings</p>	<p>☉ 1 cup coconut milk yogurt alternative, unsweetened vanilla 2 servings</p> <p>☉ 1/2 cup wild blueberries 2 servings</p> <p>☉ 1 slice organic bread, 21 whole grains and seeds 2 servings</p>	<p>Sweet Potato Hash 2 servings</p>	<p>Breakfast Tacos 2 servings</p>
<p>Lunch</p> <p>Veggie Lentil Soup 2 servings</p>	<p>Chickpea Salad Wraps 2 servings</p>	<p>Veggie Lentil Soup 4 servings</p> <p>Veggie Lentil Soup 2 servings</p>	<p>Black Bean Taco Bowls 2 servings</p>	<p>Veggie Fried Rice 2 servings</p>	<p>Chickpea Salad Wraps 2 servings</p>	<p>Roasted Butternut Squash Soup With Toasted Seeds 2 servings</p>
<p>Dinner</p> <p>Sun-dried Tomato Pesto 2 servings</p> <p>Sun-dried Tomato Pesto Pasta Primavera 2 servings</p>	<p>Roasted Butternut Squash Soup With Toasted Seeds 2 servings</p> <p>☉ 1 slice organic bread, 21 whole grains and seeds 1 serving</p>	<p>Veggie Fried Rice 2 servings</p>	<p>Sun-dried Tomato Pesto Pizza 2 servings</p>	<p>Cauliflower Mash 4 servings</p> <p>Broiled Portobello Mushroom Steaks 4 servings</p> <p>Chimichurri 4 servings</p> <p>Harvest Salad 4 servings</p>	<p>Sun-dried Tomato Pesto 2 servings</p> <p>Sun-dried Tomato Pesto Pasta Primavera 2 servings</p>	<p>Veggie Lentil Soup 2 servings</p>