

Prep Guide & Journal: Week 4 (Cleanse)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Prep Guide	Cook quinoa for the week: 1 cup dry with 2 cups water Cook beets for the week Make salad & dressing (30min) Make soup(40min)	Make nori rolls (10 min)	Make salad + pumpkin seed sprinkle (15 min) Make sweet potato soup (45 min) Make hummus (15 min)	Make salad + dressing 10 min(Make kale chips (30 min) Steam veggies & make dressing (30min)	Make carrot soup (45 min)	Make salad (10 min)	Make salad (10 min) Make chocolate crisp (20min)
Breakfast	Blue Banana Smoothie	Chai Chia Smoothie	Banana Nut Smoothie	Emerald Green Smoothie	Blueberry Ginger Smoothie	Berry Melon Smoothie + Almond Date Boats	Mango Pear Smoothie
Lunch	Warm Quinoa Salad with Balsamic-Tahini Dressing	Quinoa Beet Salad with Balsamic-Tahini Dressing	Avo-Aduki Salad with Pumpkin Seed Sprinkle	Avo-Dressed Beet Salad with Pumpkin Seed Sprinkle	Sweet Potato Soup with Pumpkin Seed Sprinkle & Simple Lime Broccoli Avocado Salad	Lemony Avocado Quinoa Salad	Chickpea Salad with Ginger-Mint-Tahini Dressing
Dinner	Curried Squash Soup & Simple Lime Broccoli Avocado Salad	Squash Soup	Sweet Potato Soup with Pumpkin Seed Sprinkle	Steamed Veggie Bowl with Ginger-Mint-Tahini Dressing	Carrot Ginger Soup	Carrot Ginger Soup with Pumpkin Seed Sprinkle	Carrot Ginger Soup
Snack	Salty Rice Cake	Simple Nori Snack Rolls	Zucchini Hummus & carrot sticks	Kale Chips	Salty Rice Cake	Zucchini Hummus & cucumber slices	Salty Rice Cake
Dessert	Almond-Date Boats	Mango Ginger Smoothie	Spiced Melon Smoothie	Berry Blitz Smoothie	Berry Mango Ice Cream	Blueberry Ice Cream	Chocolate Squash Crisp
Exercise							
Digestion							
Stress, Mood & Energy							
Sleep							
Gratitude							

DAILY AVERAGE NUTRITION INFO

Calories: 1523; Total Fat: 46g; Saturated Fat: 8g; Cholesterol: 0mg; Carbohydrates: 245g; Fiber: 53g; Sugar: 74g; Protein 54g;
Vitamin A: 687% DV; Vitamin C: 487% DV; Calcium 86% DV; Iron: 106% DV

