

# Week 2 Meal Plan

	Breakfast	Lunch	Snack	Dinner
Monday	Cinnamon Raisin Oatmeal	Grapefruit-Pepper Smoothie	Protein Shake	Mango-Avocado Pasta
Tuesday	Peach-Squash Smoothie	Quinoa Salad	Chia Pudding	Stuffed Peppers
Wednesday	Pumpkin Pie Smoothie	Quinoa Salad	Chocolate Frosty	Asian Salad
Thursday	Apple Pie Smoothie	Quinoa Salad	Veggies & Hummus	Tortilla Chips Black Bean Dip
Friday	Cherry-Chard Smoothie	Quinoa Salad	Fresh Apple Sauce	Roasted Veggies Cauliflower Rice
Saturday	Mango Oatmeal	Blueberry-Spinach Smoothie	Chocolate Frosty	Coodles & Black Bean Dip
Sunday	Fruit Bowl	Strawberry-Cuc Smoothie	Veggies & Hummus	Buddha Bowl