



SUGGESTED MEALS

11 DAY CLEANSE PHASE OF THE PEP

SUGGESTED MEAL PLANNER

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Breakfast	Steel cut oatmeal with fruit & nuts	Eggs (any style) with vegetables and/or fruit	Smoothie of your choice	Quinoa porridge with fruit	Eggs (any style) with vegetables and/or fruit	Smoothie of your choice	Steel cut oatmeal with fruit & nuts	Eggs (any style) with vegetables and/or fruit	Smoothie of your choice	Quinoa porridge with fruit	Eggs (any style) with vegetables and/or fruit
Snack	Your choice of nuts & seeds	Your choice of berries	Vegetables and hummus	Apple w/ almond butter	Your choice of nuts & seeds	Your choice of berries	Vegetables and hummus	Apple w/ almond butter	Your choice of nuts & seeds	Your choice of berries	Vegetables and hummus
Lunch	Salad with protein of your choice	Salad of your choice	Salad with protein of your choice	Soup of your choice	Smoothie of your choice	Salad with protein of your choice	Smoothie of your choice	Soup of your choice	Salad with protein of your choice	Smoothie of your choice	Soup of your choice
Snack	Your choice of fruit	Your choice of nuts & seeds	Sweet potato chips or kale chips	Your choice of protein balls	Vegetables with guacamole	Apple w/ almond butter	Your choice of fruit	Sweet potato chips or kale chips	Vegetables and hummus	Your choice of protein balls	Your choice of fruit
Dinner	Protein of your choice with veggies	Soup of your choice + Saut é ed veggies	Protein of your choice with grain of choice and veggies	Salad with protein of your choice	Soup of your choice + Saut é ed veggies	Protein of your choice with grain of choice and veggies	Salad with protein of your choice	Saut é ed vegetables with grain of choice	Protein of your choice with grain of choice and veggies	Salad with protein of your choice	Protein of your choice with grain of choice and veggies
Notes:	ADD CLEAN PROTEIN (chicken, fish, etc.) TO LUNCH + DINNER DAILY. You can substitute any snack for a Juice or Smoothie or exchange for any suggested snack in the recipe guide.										