

SUMMER *Slay*

WEEK 1 SAMPLE MENU

BREAKFAST	MON	TUE	WED	THU	FRI
	Cookie Dough Overnight Oats	The Best Green Smoothie Bowl	Apple Pie Chia Pudding	The Best Green Smoothie Bowl	Cookie Dough Overnight Oats

LUNCH	MON	TUE	WED	THU	FRI
	Zucchini Noodle Salad with Spicy Peanut Sauce	Butternut Squash, Kale and Cherry Salad	Zucchini Noodle Salad with Spicy Peanut Sauce	Butternut Squash, Kale and Cherry Salad	Lemony Tuna Packable Lunch

DINNER	MON	TUE	WED	THU	FRI
	#Blessed Bowl	Sheet Pan Chicken Fajitas	#Blessed Bowl	Sheet Pan Chicken Fajitas	Sweet and Spicy Glazed Salmon with 1 C Roasted Veggies and 1/2 Avocado

SNACKS	Guacahummus with veggies or GF Crackers	2 Caramel Coconut Energy Bites	2 TBS Nut Butter with Sliced Apples	Energizing Espresso Muffins
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