

SUMMER

Slay

WEEK 2 SAMPLE MENU (REGULAR)

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| BREAKFAST | MON | TUE | WED | THU | FRI |
| | Paleo Pumpkin Breakfast Cookies | Vanilla Bean Steel Cut Oatmeal | Paleo Pumpkin Breakfast Cookies | Vanilla Bean Steel Cut Oatmeal | Creamy Turmeric Smoothie |

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|--------------|--------------------------------|---------------------------------------|--------------------------------|---------------------------------------|-------------------------|
| LUNCH | MON | TUE | WED | THU | FRI |
| | Panera Quinoa Broth Bowl | Kale Caesar Salad + add Chicken | Panera Quinoa Broth Bowl | Kale Caesar Salad + add Chicken | Hummus Collard Wraps |

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| DINNER | MON | TUE | WED | THU | FRI |
| | Teriyaki Chicken Meatballs with Carrot Noodles | Cauliflower Fried Rice + add protein of choice | Teriyaki Chicken Meatballs with Carrot Noodles | Cauliflower Fried Rice + add protein of choice | Crustless Veggie Chicken Sausage Pizza |

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| SNACKS | Crispy Ranch Chickpeas | Blueberry Muffin Energy Bites | 2 TBS Nut Butter with Celery | Deli Turkey Dipped in Mustard or Hummus |
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