

SUMMER Slay

WEEK 3 SAMPLE MENU (REGULAR)

BREAKFAST

MON	TUE	WED	THU	FRI
Peanut Butter Cup Smoothie	Pina Kale-Ada Smoothie	Peanut Butter Cup Smoothie	Pina Kale-Ada Smoothie	Avocado Toast with 1-2 Boiled Eggs

LUNCH

MON	TUE	WED	THU	FRI
Cashew Thai Chicken Salad	Tropical Sriracha Chicken Salad	Cashew Thai Chicken Salad	Tropical Sriracha Chicken Salad	Strawberry Basil Avocado Wrap

DINNER

MON	TUE	WED	THU	FRI
Plantain Crusted Chicken + Side Salad	Lightened Up Orange Chicken	Plantain Crusted Chicken + Side Salad	Lightened Up Orange Chicken	Zucchini Noodle Pad Thai

SNACKS

Easy Trail Mix Cookies	Veggies Dipped in Hemp Seed Ranch (click for recipe)	Peanut Butter Granola Bars	Tuna with Salt, Pepper, Lemon and Crackers
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