

SUMMER

Slay

WEEK 4 SAMPLE MENU (REGULAR)

BREAKFAST	MON	TUE	WED	THU	FRI
	Cherry Ginger Smoothie	Hummus Avocado Toast	Mango Chia Pudding	Cherry Ginger Smoothie	Hummus Avocado Toast

LUNCH	MON	TUE	WED	THU	FRI
	Paleo Pomegranate Chicken Teriyaki Bowls	Rainbow Kale Quinoa Salad	Paleo Chicken Burrito Bowls	Paleo Pomegranate Chicken Teriyaki Bowls	Rainbow Kale Quina Salad

DINNER	MON	TUE	WED	THU	FRI
	Mahi Mahi Tacos with Pineapple Salsa	Garlic Salmon + Maple Balsamic Brussels Sprouts	Mahi Mahi Tacos with Pineapple Salsa	Garlic Salmon + Maple Balsamic Brussels Sprouts	Easy Cauliflower Crust Pizza

SNACKS	Broiled Grapefruit	Veggies Dipped in Hemp Seed Ranch (click for recipe)	Watermelon Mint Salad	Matcha Vanilla Energy Bites
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