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- 3  Veggies (Green), 2  Fruits (Purple),
- 4  Proteins (Red), 2  Carbohydrates (Yellow),
- 1  Healthy Fat (Blue), 1  Seeds & Dressings (Orange),
- 2  Oils & Nut Butters (tsp.)

PLAN A	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil 	Peach Overnight Oats 	Shakeology Pancakes 	Scrambled Egg, Bacon, Pepper Wrap 	Peach Overnight Oats - 2 Hard Boiled Eggs 	Shakeology Pancakes 	Scrambled Egg, Avocado / Corn Tortilla 	Eggs, Brussels Sprout Hash, Toast w/ PB 
Shakeology Snack	Shakeology w/ Fruit, Flax Seed 	Shakeology w/ Fruit BeachBar  	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
Lunch	Turkey Veggie Low Carb Wrap 	(Left Over) Grilled Chicken with Cauliflower Risotto 	(Left Over) Unstuffed Pepper Skillet w/ Rice 	Grilled Veggie Quesadilla 	(Left Over) Burger In A Bowl 	(Left Over) Chicken Marsala with Salad 	(Left Over) Unstuffed Pepper Skillet 
Dinner	Grilled Chicken with Cauliflower Risotto 	Unstuffed Pepper Skillet w/ Rice 	Burger In A Bowl 	Chicken Marsala with Salad 	Southwest Chicken Tacos 	CHEAT NIGHT 	Balsamic Onion Burger w/ Broccoli Sweet Pot Fries 