

# Sample 1-Day Meal Plan

## Breakfast

1 Cup Steel-Cut Oats  
1/2 Cup Blueberries  
2 Tbsp. Walnuts  
Almond Milk



## Lunch

Mixed Salad Greens  
1/2 Cup Cherry Tomatoes  
4 oz. Baked Salmon  
Vinaigrette Dressing

## Snack Ideas

Greek Yogurt w/  
berries

Small Banana with  
Almond Butter

Plant-Based Protein  
Shake (Clean Ingred.)

Cucumbers & Tomatoes  
in Olive Oil and Vinegar

Mozarella Cheese Stick

Boiled Eggs

## Dinner

1 Cup Steamed Broccoli  
1/2 Cup Brown Rice  
4 oz. Baked Chicken, Fish or  
Pork  
Small Orange or Citrus Fruit