

# Menu

## Day 1

Wake: ½ Grapefruit

Breakfast: [Egg scramble with veggies](#)

Snack: Hummus with Cut up Veggies

Lunch: Canned Tuna on Salad Greens with EVOO, ACV, Salt and Pepper

Snack: [Strawberry Twist Protein Shake](#)

Dinner: [Grilled salmon with veggies](#)

## Day 2

Wake: ½ Grapefruit

Breakfast: [Granola recipe](#) with Coconut Milk

Snack: Handful of Nuts and Seeds

Lunch: Leftover Salmon with Veggies

Snack: [Strawberry Twist Protein Shake](#)

Dinner: [Baked Chicken](#) and [Sautéed Veggies](#)

## Day 3

Wake: Handful of Berries

Breakfast: [Crockpot Oatmeal](#) with fresh berries

Snack: ½ Avocado (seasoned with HSS, Pepper, Lemon & Cayenne Pepper if desired)

Lunch: Salad Greens with Nuts and Seeds with EVOO, ACV, Salt and Pepper

Snack: [Banana Berry Blast Protein Shake](#)

Dinner: Leftover Baked Chicken and Veggies

## Day 4

Wake: 1 Orange

Breakfast: [Poached Eggs](#) Topped with Olive Tapenade

Snack: Handful of Nuts and Seeds

Lunch: [Beet salad recipe](#)

Snack: [Banana Berry Blast Protein Shake](#)

Dinner: [Seared Cod with Herbed Sauce](#) and [Steamed Asparagus](#)

## Day 5

Wake: 1 Orange

Breakfast: Granola with Coconut Milk

Snack: ½ Avocado (seasoned with HSS, Pepper, Lemon & Cayenne Pepper if desired)

Lunch: Leftover Beet Salad

Snack: [Strawberry Twist Protein Shake](#)

Dinner: Leftover Cod and Asparagus

## Day 6

Wake: Handful of Berries

Breakfast: [Poached Eggs](#) Topped with Olive Tapenade

Snack: Handful of Nuts and Seeds

Lunch: Canned Tuna on Salad Greens with EVOO, ACV, Salt and Pepper

Snack: [Strawberry Twist Protein Shake](#)

Dinner: [Crockpot Chicken](#)

## Day 7

Wake: 1 Orange

Breakfast: Granola recipe with Coconut Milk

Snack: Hummus and cut up veggies

Lunch: Salad and Berries with EVOO, ACV, Salt and Pepper

Snack: [Banana Berry Blast Protein Shake](#)

Dinner: Leftover Crockpot

# Notes

- Herbs – HSS (Himalayan Sea Salt), Black Pepper, Italian Seasoning
- Ground Spices (Coriander, Nutmeg, Cloves, Cinnamon, Cayenne)
- Fresh Spices (Rosemary, Parsley, Thyme, Cilantro, Chives)
- Prepared Foods – Hummus and Olive Tapenade

# List

- Coconut Oil
- Flax Seed Oil
- EVOO (Extra Virgin Olive Oil)
- ACV (Apple Cider Vinegar)
- Red Wine Vinegar
- SP Complete Protein Powder
- Dijon Mustard
- Raw Honey
- Maple Syrup
- Butter
- Vanilla Extract
- Bottle of Lime Juice
- 1 Jalapeno
- 1 Bunch Broccoli
- 2 Bunches Kale
- 3 Red Onions
- 1 Shallot
- 2 Heads of Garlic
- 4 Bell Peppers
- 1 # Asparagus
- 1 Large Tomato
- 1 ½ Cups Grape Tomatoes
- 4 Avocados
- 4 Golden Beets
- 20 Carrots
- 2 Zucchini
- 3 Cucumbers
- 1 # Small Red Potatoes
- 2 Portobello Mushrooms
- 1 Bunch Radishes
- A lot of Salad Greens
- 6 Cups Strawberries
- 2-3 Cups Blueberries
- 3 Lemons
- 3 Bananas
- 1 Grapefruit
- 3 Oranges
- Pastured Eggs
- 1 Cup Chicken Broth
- 4-6oz Salmon Filets
- 4 Cod Filets
- 2 Cans Tuna Fish
- 2 # Boneless Chicken Thighs
- 6 Cups Nuts (no peanuts)
- 3 Cups Seeds (sesame, sunflower, chia, flax)
- 4 Cups Coconut Chips
- 2 Cups Coconut Flakes
- 1 Cup Dried Currants
- 2 Cups Dried Cranberries
- 4 Cans Coconut Milk
- ½ Cup Steel-cut Oats

*Nourish and Revive*