

Sample Menu

Sugar Free



BREAKFAST

1 cup kombucha green tea
banana almond oatmeal (see recipes)



LUNCH

6 ounces organic turkey burger on a bed of lettuce
1 cup sautéed green veggies (asparagus, spinach, zucchini, kale, chard, arugula) 1 tablespoon coconut oil



DINNER

6 ounces cod or organic chicken
1 cup steamed veggies
2 cups salad with 2 tablespoons of oil and red wine vinegar
(example: 1 cup romaine lettuce, 1/2 cup avocado, and 1/2 cup chopped tomato, cucumber, + olives)



HYDRATE with WATER

