

# Sample Menu

## Caffeine Free



### BREAKFAST

- 1 cup hot water and lemon
- Egg white and avocado (see recipes)
- 1 cup mixed berries



### LUNCH

- Clean chicken salad (see recipes)
- 2 cups salad
- 2 tablespoons olive oil and red wine vinegar



### DINNER

- 2 cups turkey chili (see recipes)
- 1 cup cauliflower
- 1 cup salad with oil and red vinegar or lemon
- ½ cup banana strawberry ice cream (see recipes)



### HYDRATE with WATER

