

Sample Menu

Alcohol Free & Reduced Red Meat



BREAKFAST

- 1 cup green tea
- 2 eggs omelet
- ½ cup asparagus + 1 cup spinach
- 1 tablespoon coconut oil



LUNCH

- 1 cup coconut yogurt with mixed berries
- 1 cup chopped raw veggies, 1/3 cup hummus
- 1 ounce raw cashews or healthy nuts (15-20 pieces)



DINNER

- 6 ounces salmon
- 1 cup steamed broccoli
- 2 cups salad with 2 tablespoons of oil and red wine vinegar
(example: 1 cup romaine lettuce, ½ cup artichoke hearts, and ½ cup chopped purple cabbage)



HYDRATE with WATER

