

## **Day 1 – Feeling Great Menu**

### **Breakfast:**

**Healthier Lifestyle Tea**

**10-Minute Energizing Oatmeal**

½ cup fresh blueberries

½ fresh papaya

### **Snack:**

1 medium banana

1 TBS almond butter

### **Lunch:**

**Healthy Turkey Caesar Salad 2**

### **Snack:**

1 medium apple

### **Dinner:**

**3-Minute Guacamole with Crudités**

**Salmon with Dill Sauce**

**5-Minute Broccoli**

**Optional dessert: 5-Minute Grapes in Honey-Lemon Sauce**

## **Day 2 – Feeling Great Menu**

### **Breakfast:**

**Healthier Lifestyle Tea**

**Bagel Breakfast**

½ large pink grapefruit

### **Snack:**

8 oz low-fat plain yogurt

½ medium apple

### **Lunch:**

**Healthy Turkey Salad**

**Blue Cheese Dressing**

### **Snack:**

1 medium pear

### **Dinner:**

**Hummus with Crudités**

**Mediterranean Cod**

**5-Minute Kale with Sea Vegetables**

**Optional dessert: 5-Minute Raspberry Almond Parfait**

## **Day 3- Feeling Great Menu**

### **Breakfast:**

**Healthier Lifestyle Tea**

**High Fiber Cereal**

½ cantaloupe

### **Snack:**

**Papaya with Lime**

### **Lunch:**

**Mediterranean-Style Salad**

### **Snack:**

**Apple Treats**

### **Dinner**

**Vegetable Appetizer**

**Spicy Asian Shrimp**

**5-Minute Collard Greens with Sunflower Seeds**

**Optional Dessert: 10-Minute Strawberries with Chocolate Crème**

## **Day 4 – Feeling Great Menu**

### **Breakfast:**

#### **Healthier Lifestyle Tea**

#### **Poached Eggs Over Spinach and Mushrooms 2**

1 slice 100% whole wheat bread BBU-OR

1 TBS almond butter

½ medium papaya cubed and 1 medium banana sliced

### **Snack:**

Orange

4 oz low-fat plain yogurt

### **Lunch:**

#### **Greek Salad**

### **Snack:**

2 fresh or dried figs

3 almonds

### **Dinner:**

#### **Vegetable Appetizer 2**

#### **Quick-Broiled Salmon with Ginger Mint Salsa**

#### **3-Minute Swiss Chard**

#### **Pureed Navy Beans:recipe,143]**

### **Optional Dessert: 5-Minute Fresh Plums in Sweet Sauce**

## **Day 5 – Feeling Great Menu**

### **Breakfast:**

#### **Healthier Lifestyle Tea**

#### **Perfect Oatmeal**

½ cup blueberries

½ large papaya

### **Snack:**

½ apple

4 oz low-fat plain yogurt and mix with 1 tsp blackstrap molasses

### **Lunch:**

#### **Healthy Veggie Salad**

### **Snack:**

1 orange

2 TBS almonds

### **Dinner:**

#### **Garlic Dip with Crudités**

#### **Black Bean Chili 2**

#### **5-Minute Brussels Sprouts**

**Optional dessert: Blueberries with Yogurt and Chocolate**

## **Day 6 – Feeling Great Menu**

### **Breakfast:**

**Healthier Lifestyle Tea**

**Healthy Breakfast Frittata**

1 slice 100% whole wheat bread

1 TBS almond butter

½ large papaya

### **Snack:**

1 fresh orange medium

### **Lunch:**

**Chinese Chicken Cabbage Salad**

### **Snack:**

4 oz low-fat plain yogurt mix with 1 tsp blackstrap molasses

1 pear

### **Dinner:**

**Tahini and Crudités Appetizer**

**Salmon with Mustard**

**Spinach and Mushrooms**

½ cup brown rice

**Optional dessert: 10-Minute Apple Sundae**

## **Day 7 – Feeling Great Menu**

### **Breakfast:**

**Healthier Lifestyle Tea**

**High Energy Breakfast Shake**

1 slice 100% whole wheat bread

½ large papaya

### **Snack:**

1 fresh apple med

1.5 TBS almond butter

### **Lunch:**

**Lentil Salad**

### **Snack:**

1 fresh Bartlett pear

4 oz low-fat plain yogurt mix with 2 tsp blackstrap molasses

### **Dinner:**

**Garlic Dip with Crudités**

**Herbed Chicken Breast**

**Sautéed Mushrooms with Green Peas**

**Optional dessert: Papaya with Lime**