

Vital Gut Health

VITAL GUT HEALTH WEEK 1 MEAL PLAN

	Monday	Tuesday	Wednesday
Early Morning Routine	<u>Alkalizing Lemon Drink</u>	<u>Alkalizing Lemon Drink</u>	<u>Alkalizing Lemon Drink</u>
Breakfast	<u>Green Goddess Smoothie</u>	<u>Green Goddess Smoothie</u>	<u>Green Goddess Smoothie</u>
Lunch	<ol style="list-style-type: none"> <u>Large Salad</u> 4 oz of Grass Fed Beef <u>Tahini Dressing</u> 	<ol style="list-style-type: none"> <u>Large Salad</u> 4 oz of Grass Fed Beef <u>Lemon Vinaigrette</u> 	<ol style="list-style-type: none"> <u>Large Salad</u> 4 oz of Grass Fed Beef <u>Tahini Dressing</u>
Dinner	<ol style="list-style-type: none"> <u>Large Salad</u> <u>Creamy Greek Dressing</u> 	<ol style="list-style-type: none"> <u>Large Salad</u> <u>Mom's House Italian Dressing</u> 	<ol style="list-style-type: none"> <u>Large Salad</u> <u>Creamy Greek Dressing</u>
Treats	Handful of Raw Macadamia Nuts (2 oz)	<u>Dark Chocolate Coconut Fudge</u>	Handful of Raw Macadamia Nuts (2 oz)

Thursday	Friday	Saturday (Cheat Day)	Sunday
<u>Alkalizing Lemon Drink</u>	<u>Alkalizing Lemon Drink</u>	<u>Alkalizing Lemon Drink</u>	<u>Alkalizing Lemon Drink</u>
<u>Green Goddess Smoothie</u>	<u>Green Goddess Smoothie</u>	<u>Green Goddess Smoothie</u>	<u>Green Goddess Smoothie</u>
<ol style="list-style-type: none"> <u>Large Salad</u> 4 oz of Grass Fed Beef <u>Lemon Vinaigrette</u> 	<ol style="list-style-type: none"> <u>Large Salad</u> 4 oz of Grass Fed Beef <u>Tahini Dressing</u> 	Cheat Hard	<ol style="list-style-type: none"> <u>Large Salad</u> 4 oz of Grass Fed Beef <u>Lemon Vinaigrette</u>
<ol style="list-style-type: none"> <u>Large Salad</u> <u>Mom's House Italian Dressing</u> 	<ol style="list-style-type: none"> <u>Large Salad</u> <u>Creamy Greek Dressing</u> 	Cheat Hard	<ol style="list-style-type: none"> <u>Large Salad</u> <u>Mom's House Italian Dressing</u>
<u>Chocolate Pudding</u>	<u>Dark Chocolate Coconut Fudge</u>	Cheat Hard	<u>Chocolate Pudding</u>

