

DAY 1: Green Smoothie

Sweet Potato Soup  
Spicy Thai Salad

Coconut Shrimp over Cauliflower  
Rice

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DAY 2: Blueberry Blast Smoothie

Shrimp Tacos

Roasted Cauliflower & Broccoli  
Squash and Pear Soup

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DAY 3: Grain Free Cereal

Cauliflower Leek Soup  
Spring Farmers Market Salad

Grilled Salmon  
Sautéed Brussel Sprouts

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DAY 4: Mixed Berry Smoothie

Salmon Tacos

Sweet Potato Fries  
Kale Cole Slaw

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DAY 5: Carrot Cake Muffins

Sweet Potato Soup  
Caesar Salad

Baked Cod  
Grilled Asparagus

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DAY 6: Green Smoothie

Baked Cod  
Avocado Pomegranate Salad

Superfood Salad Cauliflower  
Leek Soup

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DAY 7: Chocolate Smoothie

Cajun Roasted Cauliflower  
Cream of Mushroom Soup

Baked Halibut  
Roasted Broccoli