

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 1 WEEK 1	Cherry Morning Mix Electrolyte Drink	Super Greens Soup Curried Cashews	Brownie Bites Bouillon Tea Golden Glow Tea	Spicy Sweet Potato Soup
DAY 2 WEEK 2	Purple Berry Morning Mix Electrolyte Drink	Harvest Roots Soup	Nougat Bites Bouillon Tea Golden Glow Tea	Golden Carrot Soup Tamari Almonds
DAY 3 WEEK 3	Goji Morning Mix Electrolyte Drink	Spicy Sweet Potato Soup Crunchy Pumpkin Seeds	Berry Bites Bouillon Tea Golden Glow Tea	Super Greens Soup
DAY 4 WEEK 4	Apple Morning Mix Electrolyte Drink	Golden Carrot Soup	Nougat Bites Bouillon Tea Golden Glow Tea	Harvest Roots Soup Roasted Edamame