

SAMPLE MEAL MAP - Vegan/Vegetarian

* All recipes noted can be found on HayliePomroy.com

AN ACTUAL CLIENT'S CLEANSE

	Breakfast	Snack	Lunch	Snack	Dinner	At a Glance
Day 1		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS		1 APPLE & 1/2 CUP CELERY STICKS	*VEGETARIAN LENTIL CHILI	2 SHAKES 1 MEAL 2 SNACKS
Day 2		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS		1 APPLE & 1/2 CUP CELERY STICKS	*SWEET POTATO SHEPARD'S PIE	2 SHAKES 1 MEAL 2 SNACKS
Day 3		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS			*VEGETARIAN LENTIL CHILI	3 SHAKES 1 MEAL 1 SNACK
Day 4			LEFTOVER CHILI			4 SHAKES 1 MEAL
Days 5, 6 & 7						5 SHAKES (UNLIMITED VEGGIES)
Day 8					*LASAGNA ROLLS	4 SHAKES 1 MEAL
Day 9				2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY	*BLACK BEAN, QUINOA AND SPINACH SALAD	3 SHAKES 1 MEAL 1 SNACK
Day 10		1/2 AVOCADO & 1/2 CUP SLICED BELL PEPPER		2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY	*LASAGNA ROLLS	2 SHAKES 1 MEAL 2 SNACKS

UNLIMITED VEGGIES