

One Week Sample Meal Plan



Monday



Breakfast
Mexi Green Drink

Lunch
Raw Zucchini Kale Salad

Dinner
Baked Chicken Thighs
Steamed Broccoli w Ghee

Snacks
Soaked Nuts (1/4 – ½ cup)

Liquids
Clean Water
Matcha Green Tea
Sparkling Lemon Fizz

Tuesday



Breakfast
Egg w 2 cups Spinach & ½ Avocado

Lunch
Green Shake

Dinner
Buttery Broccoli w Miracle Noodles
Baked Cod w Olives

Snacks
Raw Almond Crackers

Liquids
Matcha Green Tea
Hot Chocolate
Lemon Water

Wednesday



Breakfast
Grain Free Granola

Lunch
Detox Salad

Dinner
Wild Salmon
Caesar Salad

Snacks
Celery Sticks w Almond Butter

Liquids
Matcha Green Tea
Bullet Proof Coffee
Sparkling Lemon Fizz

Thursday



Breakfast
Apple Ginger Smoothie

Lunch
Eggless Egg Salad

Dinner
Turkey Meatballs
Spinach Salad

Snacks
Chocolate Chia Pudding

Liquids
Matcha Green Tea
Herbal Detox Tea
Lemon Water

Friday



Breakfast
Egg & Turkey Bacon

Lunch
Green Shake

Dinner
Savory Chicken
Arugula Salad

Snacks
Raw Pickles & Sardines

Liquids
Matcha Green Tea
Hot Chocolate
Sparkling Lemon Fizz

Saturday



Breakfast
Gluten Free Bran Muffin

Lunch
Raw Vegetable Soup

Dinner
Grassfed Beef Stew
Broccoli Cabbage Slaw

Snacks
Soaked Nuts (1/4 – ½ cup)

Liquids
Matcha Green Tea
Herbal Detox Tea
Lemon Water

Sunday



Breakfast
Green Juice

Lunch
Hard Boiled Egg/Spinach

Dinner
Baked Chicken
Roasted Vegetables

Snacks
Olive Tapenade w Flax Crackers

Liquids
Matcha Green Tea
Bulletproof Coffee
Sparkling Lemon Fizz

Please Note

This is a sample meal plan to help inspire your planning for a healthier diet. Please visit www.BreastCancerConqueror.com/Library/Recipes for more recipe ideas. There are 8 categories of food and drink to choose from. I try to keep my recipes Dairy, Wheat and Sugar Free and of course All-Organic