



# Weekly Meal Plan

Take care of yourself.



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## SUNDAY: RESET DAY! Stay in tune with your body! If you need a snack, try these: [splendid.to/snacks](https://splendid.to/snacks)

| BREAKFAST                              | SNACKS                                    | LUNCH                             | DINNER                                       | DESSERT                               |
|--|---|-----------------------------------|--|---------------------------------------|
| Parsnip Apple Puree + hot tea w/ lemon | Butternut Turmeric Soup + 2 cups of water | Fennel Consomme + 2 cups of water | Cauliflower Potato Chowder + 2 cups of water | Pumpkin Pear Bisque + 2 cups of water |

## MONDAY:

| BREAKFAST                              | SNACKS                                     | LUNCH                              | DINNER  | DESSERT                             |
|--|--|------------------------------------|---|-------------------------------------|
| Your Choice of Splendid Spoon Smoothie | Detox Shot<br>Handful of nuts<br>Snap peas | Your Choice of Splendid Spoon Bowl | <a href="#">Choose one of our Splendid approved meals!</a><br>We like: Kale Caesar Salad with Roasted Chickpeas | Coconut yogurt parfait with berries |

## TUESDAY:

| BREAKFAST                              | SNACKS                                 | LUNCH                              | DINNER  | DESSERT                                       |
|--|--|------------------------------------|---|---|
| Your Choice of Splendid Spoon Smoothie | Popcorn<br>Banana<br>Roasted Chickpeas | Your Choice of Splendid Spoon Bowl | <a href="#">Choose one of our Splendid approved meals!</a> We like: Eggplant Puttanesca with Lentil Pasta | Almonds + dark chocolate (at least 60% cacao) |

## WEDNESDAY:

| BREAKFAST                              | SNACKS  | LUNCH                              | DINNER   | DESSERT                                 |
|--|---|------------------------------------|--|---|
| Your Choice of Splendid Spoon Smoothie | Wellness Shot<br>Bell Pepper<br>Banana + Nut Butter | Your Choice of Splendid Spoon Bowl | <a href="#">Choose one of our Splendid approved meals!</a><br>We like: Quinoa + Veggie Teriyaki Stir Fry Bowls | <a href="#">Easy Raw Chocolate Bark</a> |

## THURSDAY:

| BREAKFAST                              | SNACKS                                | LUNCH                              | DINNER   | DESSERT  |
|--|---------------------------------------|------------------------------------|--|--|
| Your Choice of Splendid Spoon Smoothie | Edamame<br>Kale chips<br>Strawberries | Your Choice of Splendid Spoon Bowl | <a href="#">Choose one of our Splendid approved meals!</a><br>We like: Black Bean Stuffed Sweet Potatoes | <a href="#">Chia seed pudding</a> with berries |

## FRIDAY:

| BREAKFAST                              | SNACKS  | LUNCH                              | DINNER   | DESSERT                                |
|--|---|------------------------------------|--|--|
| Your Choice of Splendid Spoon Smoothie | 1/2 an Avocado<br>Apple slices with almond butter | Your Choice of Splendid Spoon Bowl | <a href="#">Choose one of our Splendid approved meals!</a> We like: Chopped Greek Salad Pita | <a href="#">Pineapple "Nice" Cream</a> |

## SATURDAY: FREE DAY!

**No meal plan!** Use your intuition and eat what your body feels like it needs. Try to get outside and take a light walk to enjoy the fresh air and stay active. Don't forget to hydrate!