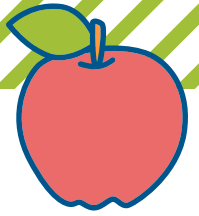




# Whole Foods

• MENU •



## Day One

Breakfast - Spinach Eggs with Turkey Sausage

Lunch - Tuna Stuffed Tomatoes

Dinner - Oz Family Chicken Soup

## Day Two

Breakfast - leftover soup, eggs or oatmeal

Lunch - Chicken Chowder

Dinner - California Chicken Veggie Avocado Rice Bowl

## Day Three

Breakfast: Oatmeal w/ collagen powder and berries

Lunch: Chicken Chowder

Dinner: Traditional tacos w/ Lettuce Shells

## Day Four

Breakfast: Eggs & Asparagus

Lunch: Riceless Sushi

Dinner: Sweet Potato Chickpea Buddha Bowl

## Day Five

Breakfast: Scallion Pancake (recipe)

Lunch: Tuna in lettuce wraps or salad topped with tuna

Dinner: Flattened Teriyaki chicken plus side salad

## Day Six

Breakfast: Miso Veggie Breakfast Bowl or smoothie

Lunch: Thai Coconut Soup

Dinner: Fish Taco Cabbage Bowl with white fish

## Day Seven

Breakfast: Mushroom Onion Quiche Bites

Lunch: leftover Thai Coconut Soup

Dinner: Korean Lettuce Wraps