

LET'S TRY SOMETHING NEW



ONE WEEK MEAL GUIDE BY XOJR

ALL MEALS CAN BE PREPPED TO LAST
UP TO THREE DAYS.

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XOJR'S MEAL PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	<ul style="list-style-type: none"> · Water · Oatmeal, topped with frozen blueberries & almonds (or any nut of your choice) 	<ul style="list-style-type: none"> · Water · Fresh Orange Juice · Scrambled eggs with spinach · Toast/Bagel 	<ul style="list-style-type: none"> · Water · Smoothie (your choice of two fruits & coconut milk) 	<ul style="list-style-type: none"> · Water · Banana & almond/peanut butter toast 	<ul style="list-style-type: none"> · Water · Fresh Grapefruit Juice · Boiled eggs & oatmeal (made with milk) 	<ul style="list-style-type: none"> · Water · Eggs, hashbrowns, sliced tomatoes, sauteed mushrooms & spinach 	<ul style="list-style-type: none"> · Water · Grapefruit & Yogurt (dairy free)
LUNCH	<ul style="list-style-type: none"> · Water · Caesar salad with crispy chicken · Dressing: Ken's Steak House Lite Creamy Caesar Dressing 	<ul style="list-style-type: none"> · Water · Grilled chicken, rice, spinach & tomatoes 	<ul style="list-style-type: none"> · Water · Sauteed kale, bell peppers & sliced potatoes (mix as a salad) 	<ul style="list-style-type: none"> · Water · Fresh Orange Juice · Quinoa Bowl with chickpeas, tomatoes, dried cranberries & tofu 	<ul style="list-style-type: none"> · Water · Tuna wrap with dried cranberries, relish & mayonnaise (vegan) · Plantain Chips 	<ul style="list-style-type: none"> · Water · Acai Bowl topped with sliced bananas, strawberries, peanut butter & coconut shreds 	<ul style="list-style-type: none"> · Water · Sauteed kale, bell peppers & sliced potatoes (mix as a salad) · Something sweet!
DINNER	<ul style="list-style-type: none"> · Water · Quinoa Bowl with chickpeas, tomatoes, dried cranberries & tofu 	<ul style="list-style-type: none"> · Water · Sauteed kale, bell peppers & sliced potatoes (mix as a salad) 	<ul style="list-style-type: none"> · Water · Grilled chicken, rice, spinach & tomatoes 	<ul style="list-style-type: none"> · Water · Sauteed kale, bell peppers & sliced potatoes (mix as a salad) 	<ul style="list-style-type: none"> · Water · Caesar Salad with crispy chicken · Sweet Potatoe 	<ul style="list-style-type: none"> · Water · Quinoa Bowl with chickpeas, tomatoes, dried cranberries & tofu 	<ul style="list-style-type: none"> · Water · Fish Tacos with Siete or corn tortillas · Rice & Beans
SNACK	<ul style="list-style-type: none"> · Water · Sliced Honeydew 	<ul style="list-style-type: none"> · Water · Popcorn 	<ul style="list-style-type: none"> · Water · Homemade Trailmix 	<ul style="list-style-type: none"> · Water · Fruit of your choice 	<ul style="list-style-type: none"> · Water · Potatoe Chips & Hummus 	<ul style="list-style-type: none"> · Lemon tea 	<ul style="list-style-type: none"> · Water · Grapefruit

Grocery List

FRUITS	VEGGIES	MEATS	GRAINS	LEGUMES	BEVERAGES	MISC.
Apples	Broccoli	Chicken	Bread	Chick Peas	Almond/Coconut Milk	Almond Butter
Avocados	Carrots	Ground Turkey	Corn Tortillas	Green Beans	Grapefruit Juice	Avocado Oil
Bananas	Bell Peppers	Shrimp	Oatmeal	Black Beans	Orange Juice	Coconut Shreds
Berries	Kale	Snapper	Quinoa		Water	Dressing: Ken's Lite Caesar
Cucumbers	Mushrooms	Tofu	Rice			Dried Cranberries
Grapefruits	Onions	Tuna				Eggs
Honeydew	Potatoes					Hashbrowns
Lemon/Limes	Spinach					Hummus
Oranges	Zucchini					Peanut Butter
Pineapples						Plantain Chips