

# WHOLE FOODIE CHALLENGE

## Oh She Glows 30 Day Challenge

### Suggested Meal Plan – Week 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Healthy Chocolate Chia Pudding	Pineapple Boozy Baked Oatmeal	Healthy Chocolate Chia Pudding	Pineapple Boozy Baked Oatmeal	Winter Detox Green Smoothie	Pineapple Boozy Baked Oatmeal	Winter Detox Green Smoothie
LUNCH	Eat Your Greens Detox Soup	Eat Your Greens Detox Soup	Mushroom Walnut Pesto Tart (on Spelt Flatbread)	Mushroom Walnut Pesto Tart (on Spelt Flatbread)	Jumbo Stuffed Shells	Cheaters Maple Baked Beans on Toast	Cheaters Maple Baked Beans on Toast
DINNER	Mushroom Walnut Pesto Tart (on Spelt Flatbread)	Mushroom Walnut Pesto Tart (on Spelt Flatbread)	Jumbo Stuffed Shells	Jumbo Stuffed Shells	Raw Rainbow Pad Thai	Raw Rainbow Pad Thai	Raw Rainbow Pad Thai
SNACK	Salt and Vinegar Roasted Chickpeas	Oil Free Chocolate Zucchini Muffins	Salt and Vinegar Roasted Chickpeas	Oil Free Chocolate Zucchini Muffins	Salt and Vinegar Roasted Chickpeas	Oil Free Chocolate Zucchini Muffins	Salt and Vinegar Roasted Chickpeas
DESSERT	Herbal tea of choice and Coconut Oil Chocolate Bark or fresh fruit						

\*Please note that I like to prepare my meals ahead of time and eat them over the next few days – if you prefer variety, you may want to make a batch and freeze some for later in the week!