

WHOLE FOODIE CHALLENGE

Oh She Glows 30 Day Challenge

Suggested Meal Plan – Week 2

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Strawberry Shortcake Pancakes	No Nuts About it Granola (with berries and yogurt/ milk)	Strawberry Shortcake Pancakes	No Nuts About it Granola (with berries and yogurt/ milk)	Strawberry Shortcake Pancakes	No Nuts About it Granola (with berries and yogurt/ milk)	Strawberry Shortcake Pancakes
LUNCH	Roasted Tomato Pizza	Warm and Roasted Salad Bowl	Warm and Roasted Salad Bowl	Caesar Salad with Marinated Tempeh	Thai Sweet Potato Burgers	Caesar Salad with Marinated Tempeh	Thai Sweet Potato Burgers
DINNER	Warm and Roasted Salad Bowl	Roasted Tomato Pizza	Ode to Toast	Thai Sweet Potato Burgers	Caesar Salad with Marinated Tempeh	Ode to Toast	Roasted Tomato Pizza (from freezer)
SNACK	Hummus and crudite	Lightened up Pecan Butter and Buckwheat Crispies	Flu-fighter Sunshine Smoothie	Hummus and crudite	Lightened up Pecan Butter and Buckwheat Crispies	Flu-fighter Sunshine Smoothie	Lightened up Pecan Butter and Buckwheat Crispies
DESSERT	Herbal tea of choice and 3 Layer Nut –free Dream cups 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!