

Maximized Living Core Plan

Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1	Oatmeal (Dressed Up!)	Grapefruit	Lemon Pepper Chicken w/Rice	Mixed Nuts	Salmon Salad	Macaroons
2	Turkey Egg Benedict	Fruit Smoothie	Chicken w/Basmati Rice	Pita Chips & Hummus	Vacation Meal	Salsa & Red Cabbage
3	Cream of Wheat w/Agave & Raspberries	Raw Cheese & WG Crackers	Omelet w/Small Sweet Potato	Small Sweet Potato w/Leafy Salad	Salmon w/Grilled Vegetables	Seedy-Trail Mix
4	Whole Grain Bagel w/Almond Butter	Orange Slices	Vacation Meal	Homemade Brownies	Stir-Fry Vegetables w/Chicken	Raw Cheese & Nuts
5	Vegetable Omelet	Whole Grain Pretzels	Roasted Eggplant Sandwich w/Salad	Vegetables or Nuts/Seeds	BBQ Chicken & Mixed Greens	Homemade Ice Cream
6	Organic Low Sugar Cereal (Dressed Up!)	Seedy-Trail Mix	Chicken and Vegetable Fajitas	Nut/Seed Mix	Turkey Meatloaf w/Steamed Cabbage	No-Jito
7	Vacation Meal	Seasonal Fruit Salad	Wild Caught Salmon Salad	Raw Almonds	Salmon over Spinach & Garlic	Homemade Brownies
8	3 Cheese Spinach & Vegetable Quiche	Plum	Tuna Salad in Whole Wheat Pita	Homemade Ice Cream	Chicken Soup w/Leafy Green Salad	Celery w/Almond Butter
9	Cream of Wheat w/Agave & Raspberries	Raw Cheese & WG Crackers	Chicken Caesar Salad, Small Potato	Raw Almonds or Hazelnuts	Rosemaire Baked Hen w/Vegetables	Salsa & Red Cabbage
10	Pumpkin Pecan Pancakes	Hard Boiled Egg	Talapia w/Basmati Rice	Small Sweet Potato w/Leafy Salad	BBQ Salmon w/Grilled Vegetables	Seedy-Trail Mix
11	Turkey Egg Benedict	Strawberries	Vacation Meal	Pita Chips & Hummus	Mahi-mahi on Mixed Green Salad	Homemade Ice Cream
12	Eggs & Buckwheat Pancakes	Whole Grain Pretzels	Chicken Caesar Salad	Celery Stalks, or Carrots	Turkey Chili w/Salad	Salsa & Red Cabbage

13	Oatmeal (Dressed Up!)	Banana	Turkey Breast & Vegetable Stir-Fry	Raw Almonds or Hazelnuts	Rosemaire Hen w/Grilled Vegetables	Homemade Brownies
14	Rye Toast w/Almond Butter	Seasonal Fruit Salad	Basmati Rice w/Tuna Salad	Raw Almonds or Hazelnuts	Vacation Meal	No-Jito
15	3 Cheese Spinach & Vegetable Quiche	Seedy-Trail Mix	Chicken Breast & Vegetable Stir-Fry	No-Jito	Mahi-mahi on Mixed Green Salad	Raw Cheese & Nuts
16	Pumpkin Pecan Pancakes	Celery w/Almond Butter	Turkey Breast & Vegetable Stir-Fry	Raw Cheese & WG Crackers	Turkey Chili w/Salad	Macaroons
17	Vacation Meal	Raw Cheese & WG Crackers	Chicken Caesar Salad	Homemade Ice Cream	Mahi-Mahi on Mixed Green Salad	Salsa & Red Cabbage
18	Oatmeal (Dressed Up!)	Whole Grain Pretzels	Grilled Vegetables Over Wild Rice	Medium Sweet Potato	Chicken & Vegetable Stir-fry over Rice	Seedy-Trail Mix
19	Grain bread w/Almond Butter	Hard Boiled Egg	Roasted Eggplant Sandwich w/Salad	Macaroons	Rotisserie Chicken w/Vegetables	Raw Cheese & Nuts
20	Vegetable Omelet w/Toast	Fruit Smoothie	Vacation Meal	Carrots or Celery	Mahi-Mahi w/Asparagus	Homemade Ice Cream
21	Cream of Wheat w/Agave & Raspberries	Strawberries	Chicken w/Brown Rice & Beans	Pita Chips & Hummus	Salmon Salad	No-Jito
22	Turkey Egg Benedict	No-Jito	Roasted Eggplant Sandwich w/Salad	Jasmine Rice & Cucumber Salad	Grilled Halibut w/Vegetable Stir-Fry	Homemade Brownies
23	Spelt Bagel w/Almond Butter	Hard Boiled Egg	Whole Wheat Crust Pizza	Homemade Brownies	Vacation Meal	Celery w/Almond Butter
24	2 Eggs w/Cucumber & Tomato	Melon	Chicken, Black Beans & Wild Rice	Raw or Roasted Pumpkin or Seeds	Spinach Omelet & Stir-Fry Vegetables	Raw Cheese & Nuts

25	Pumpkin Pecan Pancakes	Seasonal Fruit Salad	Salmon on Caesar Salad	Pita Chips & Hummus	Rotisserie Chicken w/Vegetables	Macaroons
26	3 Cheese Spinach & Vegetable Quiche	Raw Cheese & WG Crackers	Chicken on Mixed Green Salad	Medium Sweet Potato	Searred Tuna w/Stir-Fry Vegetables	Seedy-Trail Mix
27	Oatmeal (Dressed Up!)	Seedy-Trail Mix	Turkey Breast & Vegetable Stir-Fry	Raw Cheese & WG Crackers	Mahi-mahi on Mixed Green Salad	Homemade Ice Cream
28	Vacation Meal	Grapefruit	Chicken w/Vegetables	Raw or Roasted Pumpkin Seeds	Salmon Caesar Salad	No-Jito
29	Organic Low Sugar Cereal (Dressed-Up!)	Whole Grain Pretzels	Omelet w/Medium Potato	Medium Sweet Potato	Chicken & Vegetable Stir-fry over Rice	Salsa & Red Cabbage
30	Eggs & Buckwheat Pancakes	Plum	Chicken Caesar Salad	Sunflower & Sesame Seeds	Turkey Chili & Salad	Raw Cheese & Nuts
31	Oatmeal w/Banana, & Low-fat Granola	Raw Almonds	Large Potato, Tuna, & Salad	Pumpkin Seeds or Medium Potato	Vacation Meal	Homemade Brownies
32	Cream of Wheat w/Agave & Raspberries	Strawberries	Roasted Eggplant Sandwich w/Salad	Raw and Roasted Almonds	Vegetable Stir-Fry w/Ground Turkey	Macaroons
33	Spelt Bagel w/Almond Butter	Fruit Smoothie	Tuna Salad in Whole Wheat Pita	Sweet Potato	Ground Turkey Vegetable Stir-Fry	Celery w/Almond Butter
34	Vacation Meal	Celery Stalks, or Carrots	Spinach and Tomato Omelet w/Toast	Air-Popped Popcorn	Tuna Filet w/Vegetables	No-Jito
35	Turkey Egg Benedict	Grapefruit	Lemon Pepper Chicken w/Rice	Raw or Roasted Pumpkin Seeds	Grouper w/Mixed Green Salad	Seedy-Trail Mix

Recipe web site:

<http://laneavechiro.com/articles-and-recipes/>

<http://healingcuisinebyelise.com/recipes-index>

