

# AWAKENED TASTE

Lesley@awakenedtaste.com \* 406-546-1996

## Meal Plan Example

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	1 lamb, buffalo, or chicken sausage (Whole Foods), sautéed kale, sliced tomato and avocado	2-3 steam-fried eggs with sautéed kale and bell pepper	Green smoothie, 1 c whole-milk yogurt with 1 T sunflower seeds, 1 T ground flax, 1 t cinnamon, ½ c and blueberries	1 lamb, buffalo, or chicken bratwurst, sautéed kale, sliced tomato.	Green smoothie, 1 c whole-milk yogurt with 1 T sunflower seeds, 1 T ground flax, 1 t cinnamon, ½ c and blueberries
<b>Snack</b>	1-2 hard-boiled eggs sliced cucumber, ¼ c walnuts	1 c whole-milk yogurt with 1 T sunflower seeds, 1 T ground flax, 1 t cinnamon, ½ c and blueberries	1 cup raw carrots and cucumber slices with zucchini hummus	4 oz sardines mixed with 1 TBS yogurt or non-GMO mayo and lemon with sliced cucumbers	2 hardboiled eggs, carrots and zucchini hummus
<b>Lunch</b>	Salad with mixed spinach/kale greens, 1 leftover breakfast sausage, sliced boiled beets and broccoli and 2 T sunflower seeds. Creamy avocado dressing.	1 baked sweet potato topped with 4 oz leftover chicken, 1 c steamed broccoli, 2 T green onions, 1 T sunflower seeds, 1 T tahini dressing (mix tahini, olive oil, lemon juice and sea salt), 1/3 sliced avocado	Turkey bacon avocado tomato wrap. Use 4 oz turkey lunch meat or leftover chicken. Spread mayo on lettuce leaf, add the fillings and wrap it up! Make 3 wraps. ¼ cup plantain chips	Leftover taco bowls	Leftover Thai-fried cauliflower rice
<b>Dinner</b>	Whole Roasted Chicken* 5 oz baked chicken, steamed broccoli topped with butter, baked sweet potato topped with coconut oil, cinnamon, Himalayan sea salt	5 oz baked or grilled salmon, cauliflower rice with Braggs Amions and olive oil, and grilled asparagus with garlic.	Taco Bowls	Thai-fried cauliflower rice	Leftover grilled salmon, grilled zucchini or asparagus with olive oil, spinach salad with tomatoes, kalamata olives, cucumber, balsamic vinegar dressing.
<b>Liquids</b>	20 oz water minimum Dandelion root tea	20 oz water minimum Tulsi tea	20 oz water Nettle tea	20 oz water minimum Nettle tea	20 oz water minimum Dandelion root tea

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**5-Day Meal Plan Template**

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Snack					
Lunch					
Dinner					
Liquids					