




	Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)	Weekend Ideas
Morning	Shake	Shake	Shake	Shake	Shake	
Mid-Morning Snack	Hummus And Snap Peas	Asparagus Fries	Kale Chips	Sweet Potato Fries	Small Pear	<ul style="list-style-type: none"> ➤ Marinara Sauce With Spaghetti Squash And Zucchini Salad ➤ Make Lentil Soup Or Vegetable Soup ➤ Cinnamon Baked Apples And Salad ➤ Snacks -Kale Chips
Lunch	Shake	Shake	Shake	Shake	Shake	
	Spinach And Avocado Salad	Greek Cranberry Salad	Lettuce Wraps	Cauliflower Soup And Small Salad With Choice Of Dressing	Cajun Crudites	
Mid- Afternoon Snack	Small Apple	Avocado Dip With Cucumber Slices	Strawberry Coconut Smoothie	Salsa With Veggie Slices	Spinach Smoothie	
Dinner	Shake	Shake	Shake	Shake	Shake	
	Lentils With Tomato And Onion Salad	Tomato Cups And Poached Pears With Blackberries	Ratatouille And A Small Salad With Lemon Mint Dressing	Asian Fusion Salad With Vanilla Poached Pears	Primavera Vegetables With Brown Organic Rice	

"Those who think they have no time for *healthy eating* will sooner or later have to find time for illness." — Modified From: Edward Stanley (1826-1893)




Purification Support Menu Ideas – Week Two

	Monday (Day 8)	Tuesday (Day 9)	Wednesday (Day 10)	Thursday (Day 11)	Friday (Day 12)	Weekend Ideas
Morning	Shake	Shake	Shake	Shake	Shake	<ul style="list-style-type: none"> ➤ Sweet Potato Fries ➤ Kale Chips ➤ Homemade Beef Soup ➤ Cinnamon Baked Apples And A Salad ➤ Snacks -Kale Chips ➤ Swiss Chard ➤ Fruit Salad ➤ Salmon With Mustard Dill Sauce ➤ Stir Fry Chicken ➤ Poached Pears With Blackberries
Mid-Morning Snack	Jicama With Avocado Dip	Small Green Apple	Raw Asparagus Tips With Hummus	Sliced Cumpers And Grape Tomatoes	Salsa With Sliced Veggies	
Lunch	Shake	Shake	Shake	Shake	Shake	
	Fennel Leek Soup	Spinach Salad	Chicken Soup And/Or Zucchini Salad	Cauliflower Soup And Small Salad With Choice Of Dressing	Puttanes Salad With Lentil Soup	
Mid-Afternoon Snack	Kale Chips	Sweet Potato Fries	Roasted Brussell Sprouts	Asparagus Fries	Endive With Hummus	
Dinner	Shake	Shake	Shake	Shake	Shake	
	Vegetable Angel Hair Pasta With Small Salad	Lentil Stuffed Peppers	Spinach Stir Fry	Mediterranean Salmon With Small Salad	Crock Pot Layered Dinner	

“It's bizarre that the produce manager is more important to my children's health than the pediatrician.” — Meryl Streep



Purification Support Menu Ideas – Week Three

	Monday (Day 15)	Tuesday (Day 16)	Wednesday (Day 17)	Thursday (Day 18)	Friday (Day 19)	Weekend Ideas
Morning	Shake	Shake	Shake	Shake	Shake	
Mid-Morning Snack	Hummus With Cucumber	Kale Chips	Roasted Brussels Sprouts	Roasted Cauliflower And Broccoli Florets	Sliced Avocados With Red Onions And Tomatoes – Choice of Dressing	<ul style="list-style-type: none"> ➤ Fresh Fruit ➤ Sweet Potato Fries ➤ Grass Feed Organic Beef.
Lunch	Shake	Shake	Shake	Shake	Shake	<ul style="list-style-type: none"> ➤ Grilled Zucchini ➤ Braised Baby Artichokes With Olives
Mid- Afternoon Snack	Baby Green Salad With Grapefruit Dressing	Mache And Pea Shoot Salad With Chervil Vinaigrette	Fresh Tomato And Avocado Soup	Alice Walters Lentil Salad	Hearty Turkey Soup	<ul style="list-style-type: none"> ➤ Fish Creole
Mid- Afternoon Snack	Kale Chips	Sweet Potato Fries	Roasted Brussels Sprouts	Asparagus Fries	Endive With Hummus	<ul style="list-style-type: none"> ➤ Avocado And Papaya Salad With Lime Dressing
Dinner	Shake	Shake	Shake	Shake	Shake	
	Portobello Salad With Spicy Mustard Dressing	Salmon With Mint Salsa And Small Salad	Baked Chicken With Tomato, Melon, Cucumber Salad	Tuna Salad	Chicken With Sweet And Sour Sauce	

“To eat is a necessity, but to eat intelligent an art.”

— La Rochefoucauld