

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly
Water 2 Bottles								
Oatmeal								
1 Apple								
Broccoli								
Raw Berries								
Green Tea								
Spinach								
Skinless Chicken Breasts								
Salmon or Trout								
Wild Brown Rice								
Bonus Fruit								
Bonus Veggies								
Total Daily								

- Bonus Fruit – grapefruit, stewed tomatoes, pineapple, oranges, and cherries
- Bonus Veggies – green and yellow beans, brussel sprouts, asparagus spears, cauliflower, peas, and carrots