



(Thursday at wellandgood.com.) Some of the staples, like coconut oil and apple cider vinegar, you already have on-hand if you've been following along, so check your kitchen before you head to the store!

GRAINS:

- 1 cup amaranth
- 1 ½ cup freekeh or farro
- ½ cup uncooked hulled barley
- 2 cups cooked brown rice or quinoa
- 1 slice of your favorite bread or flatbread

PROTEINS:

- 4 Tbsp (1 scoop) rice or pea protein powder
- 2 6 oz. packages savory baked firm organic tofu
- 2 cups of shelled organic edamame

GREENS:

- 4 ½ cups baby spinach
- 4 cups kale
- 1 bunch broccoli rabe

VEGGIES/FRUITS:

- ¼ Fuji apple
- 1 ½ frozen banana
- 3 ½ cups frozen blueberries
- 1 cup mixed berries
- 1 ½ cups frozen strawberries
- 1 cup frozen raspberries
- ½ pink grapefruit, peeled and segmented
- 3 ripe avocados, thinly sliced
- 2 yellow onions
- 7 large carrot, peeled and chopped
- 1 celery stalk, chopped
- 1 large spaghetti squash, cut in half lengthwise
- 8 oz. peas
- ½ of a 14-oz. can hearts of palm

VEGAN MILKS/WATERS:

- 5 cups unsweetened almond milk
- 3 cups coconut water

NUTS/SEEDS:

- 1 Tbsp hulled hemp seeds
- ¼ cup raw walnut pieces
- 2 Tbsp ground sesame seeds

HERBS/SPICES:

- ¼ tsp sea salt
- 5 ½ garlic cloves, finely minced
- 1 tsp crushed red chili flakes
- 1 bay leaf
- ¼ tsp freshly grated nutmeg
- ¾ cup mint
- 2 tsp freshly grated ginger

MISCELLANEOUS:

- 2 Tbsp local, grade A honey, or agave nectar
- 2 Tbsp almond butter
- 1 to 2 Tbsp coconut butter
- Olive oil cooking spray
- 4 Tbsp extra-virgin olive oil
- 1 Tbsp olive oil mayonnaise
- ½ Tbsp Dijon mustard
- ½ Tbsp Worcestershire sauce
- 4 ¼ cups low-sodium vegetable broth
- 3 Tbsp organic red miso paste
- ¼ cup rice vinegar
- 2 Tbsp roasted sesame oil
- 3 Tbsp reduced-sodium tamari soy sauce
- 3 Tbsp tahini paste
- 4 Tbsp fresh lemon juice
- 3 Tbsp Bragg liquid aminos
- 1 Tbsp raw apple cider vinegar
- ½ Tbsp nutritional yeast
- Flaxseed meal
- 4 Tbsp resveratrol
- 1 Tbsp fresh lavender
- 1 tsp bee pollen
- 1 Tbsp green superfood powder blend
- 2 tsp high quality matcha
- 2 Tbsp grated Parmesan cheese (optional)
- 2 tsp spirulina (optional)
- 2 tsp collagen powder (optional)
- 1 Tbsp probiotics/ acidophilus (optional)
- Tabasco or Sriracha sauce (optional)
- 2 Tbsp Greek yogurt (optional)

SUSHI NIGHT:

- 5-7 sheets toasted nori (seaweed)
- 1-3 cups cooked brown rice

PROTEINS (optional):

- Smoked salmon, thinly sliced
- Smoked Tofu, thinly sliced

FILLINGS (optional):

- ½ ripe avocado, thinly sliced
- Fresh basil, stems removed
- Cucumber, thinly sliced lengthwise
- Fresh cilantro sprigs
- Carrots, thinly sliced
- Japanese kaiware sprouts
- Japanese umeboshi plums, seeds discarded
- Daikon Pickles

SEASONINGS (optional):

- Furikake
- Toasted sesame seeds
- Togarashi
- Sriracha
- Reduced-sodium soy sauce, for dipping
- Ponzu sauce, for dipping

WEEK 3 | MEAL PLAN

MONDAY



BREAKFAST

Blueberry beauty shake

LUNCH

Spicy broccoli rabe with garlic and chili flakes

DINNER

Avocado barley soup

TUESDAY



BREAKFAST

Greek yogurt and amaranth berry porridge

LUNCH

Avocado grapefruit salad

DINNER

Carrot miso ginger beauty noodles

WEDNESDAY



BREAKFAST

Berry breakfast smoothie

LUNCH

Matcha latte and avocado toast

DINNER

Fresh pesto spaghetti squash

THURSDAY



BREAKFAST

Raspberry beauty elixir

LUNCH

Curly kale with tahini garlic dressing

DINNER

Nori hand rolls

FRIDAY



BREAKFAST

Lavender blueberry smoothie

LUNCH

Kale Caesar

DINNER

Coconut pea and mint soup