

	BALLS	BALLS	BALLS	BALLS	BALLS	BALLS	BALLS
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Vegetarian Week 4

	Day 22	Day 23 Workout	Day 24	Day 25 Workout	Day 26 Workout	Day 27	Day 28
Wake-up	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar
Breakfast	Fresh Herb Scramble 16 oz Water	Sliced Hard Boiled Egg Stacker 16 oz Water	Caprese Frittata Cups 16 oz Water	Berry Nut 'Cereal" 16 oz water	Caprese Frittata Cups 16 oz Water	AB&J Shake 16 oz Water	AB&J Shake 16 oz Water
Snack	15 Almonds Grapefruit 8 oz Water	½ Banana 8 oz Water	15 Almonds Grapefruit 8 oz Water	½ Banana 6 Strawberries 8 oz Water	20 Almonds 1/3 C Raspberries 8 oz Water	15 Almonds Grapefruit 8 oz Water	Raspberry - ½ cup 10 Walnuts 8 oz Water
Lunch	White Bean Soup - 1 ½ cups Steamed veggies - ½ serving 16 oz Water	Meatless Taco Salad Easiest Vinaigrette Steamed Veggies 16 oz Water	Meatless Taco Salad Easiest Vinaigrette Steamed Veggies 16 oz Water	White Bean Soup - 1 ½ cups Steamed veggies - ½ serving 16 oz Water	Meatless Taco Salad Easiest Vinaigrette Steamed Veggies 16 oz Water	Chick Pea and Cucumber Lettuce Wraps Fried "Rice" 16 oz Water	Chick Pea and Cucumber Lettuce Wraps Fried "Rice" 16 oz Water
Snack	Walnuts - 1oz 16 oz water	5 Strawberries	Walnuts - 1oz 16 oz water	5 Strawberries	Walnuts - 1oz 16 oz water	Raspberries - ½ cup 16 oz water	12 Strawberries
Dinner	Roasted Nut and Broccoli over Mixed greens Easiest Vinaigrette 8 oz water	White Bean Soup 1 ½ cups Fried "Rice" 8 oz Water	White Bean Soup 1 ½ cups Fried "Rice" 8 oz Water	Red Lentils with Scallion and Sesame 8 oz Water	Red Lentils with Scallion and Sesame 8 oz Water	Cheat Night!	Roasted Nut and Broccoli over Mixed greens Easiest Vinaigrette 8 oz water
EXTRA SNACK	Cauliflower Smash	Cauliflower Smash	Cauliflower Smash	Cauliflower Smash	Cauliflower Smash		Cauliflower Smash

Vegetarian Week 5

	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Wake-up	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar
Breakfast	Breakfast sweet potato hash (eggs optional)	Avocado and Sauteed Kale	Breakfast sweet potato hash (eggs optional)	Avocado and Sauteed Kale	Breakfast sweet potato hash (eggs optional)	Kale soup	Breakfast sweet potato beef hash (eggs optional)
Snack	Chopped Green Apple and Walnuts 16 oz water	Roasted Chickpeas 16 oz water	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water	Chopped Green Apple and Walnuts 16 oz water	Roasted Chickpeas 16 oz water	Chopped Green Apple and Walnuts 16 oz water	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water
Lunch	White Bean and Kale Soup 16 oz of water	Baby Arugula and Cucumber Salad 16 oz of water	Baby Arugula and Cucumber Salad 16 oz of water	Roasted Cauliflower and Broccoli 16 oz of water	White Bean and Kale Soup 16 oz of water	Roasted Cauliflower and Broccoli 16 oz of water	White Bean and Kale Soup 16 oz of water
Snack	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water	Medjool Date w Almond Butter 16 oz water	Medjool Date w Almond Butter 16 oz water	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water	Medjool Date w Almond Butter 16 oz water	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water	Medjool Date w Almond Butter 16 oz water
Dinner	Sauteed pepper and Onion in Egg Crepe 8 oz of water	Grilled Portabella Mushrooms with Cauliflower 8 oz of water	Grilled Portabella Mushrooms with Cauliflower 8 oz of water	Sauteed pepper and Onion in Egg Crepe 8 oz of water	Black Bean Pico de Gallo Salad Cauliflower Rice 8 oz water	Cheat Night 8 oz of water	Black Bean Pico de Gallo Salad Cauliflower Rice 8 oz of water

Vegetarian Week 6

	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Wake-up	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar
Breakfast	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins
Snack	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water
Lunch	Stuffed Peppers 16 oz of water	Stuffed Peppers 16 oz of water	Stuffed Peppers 16 oz of water	Stuffed Peppers 16 oz of water	Crock Pot Spicy Vegetables 16 oz of water	Crock Pot Spicy Vegetables 16 oz of water	Crock Pot Spicy Vegetables 16 oz of water
Snack	23 Cashews ¼ cup of raw Pomegranates 16 oz water	23 Cashews 1 small apple 16 oz water	23 Cashews 1 Cutie 16 oz water	Crock Pot Spicy Vegetables 16 oz of water	23 Cashews ¼ cup of raw Pomegranates 16 oz water	23 Cashews 1 Cutie 16 oz water	23 Cashews ¼ cup of raw Pomegranates 16 oz water
Dinner	My Own Vegetarian Pad Thai 8 oz of water	My Own Vegetarian Pad Thai 8 oz of water	My Own Vegetarian Pad Thai 8 oz of water	Grilled Portabella Mushrooms w/asparagus 8 oz of water	Grilled Portabella Mushrooms w/asparagus 8 oz of water	Cheat Night	Grilled Zucchini-2 Cauliflower Rice - 1 cup 8 oz water