embodyReboot Week Two

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wake-up	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water
Breakfast	Avocado Nest Black coffee or tea	Avocado Nest Black Coffee or tea	¼ cup of Granola with ¼ berries Black coffee or tea	Avocado Nest Black Coffee or tea	Avocado Nest Black coffee or tea	¼ cup of Granola with ¼ berries Black coffee or tea	Avocado Nest Black coffee or tea
Snack	Bullet Coffee OR Pumpkin Seeds - ¼ cup 16 oz water	Bullet Coffee OR Seasonal Apple 16 oz water	Bullet Coffee OR Pumpkin Seeds - ¼ cup 16 oz water	Bullet Coffee OR Pumpkin Seeds 16 oz water	Bullet Coffee OR Pumpkin Seeds - ¼ cup 16 oz water	Bullet Coffee OR 2 tbsp of almond butter 16 oz water	Bullet Coffee OR Chopped Apple with Crushed Walnuts, Seed Mix 16 oz water
Lunch	Fall Thai Chicken Soup 16 oz water	Fall Thai Chicken Soup 16 oz water	Chicken Salad(with leftover Beer Can Chicken) with Go-to Salad 16 oz water	Chicken Salad(with leftover Beer Can Chicken) with Go-to Salad 16 oz water	Fall Thai Chicken Soup 8 oz of water	Crockpot Fall Chicken Thighs 16 oz water	Yai Yai's Garden Recipe with 4 Duck Fat Wings 16 oz water
Snack	Apple w/1 tbsp almond butter 16 oz water	Apple w/1 tbsp almond butter 16 oz water	Apple w/1 tbsp almond butter 16 oz water	Apple w/1 tbsp almond butter 16 oz of water	Apple w/1 tbsp almond butter 16 oz water	Apple w/1 tbsp almond butter 16 oz water	Apple w/1 tbsp almond butter 16 oz water
Dinner	Beer Can Chicken 8 oz of water	Crockpot Fall Chicken Thighs 8 oz water	Fall Thai Chicken Soup 8 oz of water	Crockpot Fall Chicken Thighs 8 oz of water	Scallops with bacon over spinach 8 oz water	Off Plan Meal 16 oz water	Sea Bass with capers and Go-to Salad 8 oz of water
EXTRA SNACK	Pumpkin Protein Bites Or Duck Fat Wings	Pumpkin Protein Bites Or Duck Fat Wings	Pumpkin Protein Bites Or Duck Fat Wings	Pumpkin Protein Bites Or Duck Fat Wings	Pumpkin Protein Bites Or Duck Fat Wings	Pumpkin Protein Bites Or Duck Fat Wings	Pumpkin Protein Bites Or Duck Fat Wings

embodyReboot Week Two Vegetarian

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wake-up	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water
Breakfast	Breakfast Casserole Black coffee or tea	https://nomnompaleo.com/post/5537773874/soufflé-frittata Black Coffee or tea	Granola with berries- ¼ each Black coffee or tea	Leftover Frittata Black Coffee or tea	Breakfast Casserole Black coffee or tea	Granola with berries- ¼ each Black coffee or tea	Breakfast Casserole Black coffee or tea
Snack	Bullet Coffee OR Pumpkin Seeds - ¼ cup 16 oz water	Bullet Coffee OR Seasonal Apple 16 oz water	Bullet Coffee OR Pumpkin Seeds - ¼ cup 16 oz water	Bullet Coffee OR Pumpkin 16 oz water	Bullet Coffee OR Pumpkin Seeds - ¼ cup 16 oz water	Bullet Coffee OR 2 tbsp of almond butter 16 oz water	Bullet Coffee OR Chopped Apple with Crushed Walnuts, Seed 16 oz water
Lunch	Spicy Buffalo Loaded Sweet Potato Skins 16 oz water	Sweet Potato and Ginger Soup with Arugula Salad 16 oz water	Nicole's Deviled Eggs With Arugula Salad 16 oz water	Sweet Potato and Ginger Soup With Arugula Salad 16 oz water	Grilled Summer Squash with Rosemary with Baby Spinach Salad 8 oz of water	Butternut Squash and Apple Compote 16 oz water	Ginger Cashew Bok Choy Over White Bean Puree 16 oz water
Snack	Sweet Potato and Ginger Soup 16 oz water	Pumpkin Seeds 16 oz of water	Chopped Cinnamon Apples (1) with Walnuts - (10) 16 oz water	Nicole's Deviled Eggs - 2 16 oz of water	Ginger Cashew Bok Choy Over White Bean Puree 16 oz water	Terriyaki Broccoli 16 oz water	Apple 16 oz water
Dinner	Butternut Squash Soup - 1.5 cups 8 oz of water	Spicy Buffalo Loaded Sweet Potato Skins 8 oz of water	Piccata Veggies over Arugula Salad 8 oz of water	Buddha Bowl over Cauliflower Rice 8 oz of water	Butternut Squash and Apple Compote 8 oz water	Off Plan Meal 8 oz water	Terriyaki Broccoli Bites over White Bean Puree 8 oz water
EXTRA SNACK	Walnuts - 10	Butternut Squash Soup	Butternut Squash Soup	Butternut Squash Soup	Butternut Squash Soup	Butternut Squash Soup	Butternut Squash Soup