

Month Meal Plan  
Whole Foods  
Complete Daily Nutrition  
Week 3

## Day 15

### Breakfast:

- **Smoothie with Banana, Spinach, Chia Seeds, and Almond Butter**
    - **Ingredients:**
      - 1 banana
      - 1 cup spinach
      - 1 tbsp chia seeds
      - 1 tbsp almond butter
      - 1 cup almond milk (or raw milk)
    - **Instructions:**
      - Blend all ingredients together until smooth.
    - **Prep Time:** 5 minutes
    - **Cook Time:** None
    - **Total Time:** 5 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 350 kcal
      - **Protein:** 8g
      - **Carbs:** 48g
      - **Fat:** 14g
      - **Fiber:** 10g
      - **Vitamins & Minerals:** High in Vitamin C, Omega-3s, Potassium, Fiber
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### Snack:

- **Sliced Carrot with Guacamole**
  - **Ingredients:**
    - 1 large carrot, sliced into sticks
    - 3 tbsp guacamole
  - **Instructions:**
    - Serve carrot sticks with guacamole for dipping.
  - **Prep Time:** 2 minutes
  - **Cook Time:** None
  - **Total Time:** 2 minutes

- **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 150 kcal
    - **Protein:** 3g
    - **Carbs:** 12g
    - **Fat:** 12g
    - **Fiber:** 7g
    - **Vitamins & Minerals:** High in Vitamin A, Fiber, Healthy Fats
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### **Lunch:**

- **Farro Salad with Roasted Beets, Feta, and Arugula**
    - **Ingredients:**
      - 1/2 cup cooked farro
      - 1 medium beet, roasted and diced
      - 1 oz goat feta cheese, crumbled
      - 1 cup arugula
      - 1 tbsp olive oil
      - 1 tbsp balsamic vinegar
      - Salt and pepper to taste
    - **Instructions:**
      - Roast beet at 400°F (200°C) for 25-30 minutes, then dice.
      - Combine cooked farro, roasted beet, and arugula in a bowl.
      - Top with crumbled feta and drizzle with olive oil and balsamic vinegar.
      - Season with salt and pepper to taste.
    - **Prep Time:** 10 minutes
    - **Cook Time:** 30 minutes
    - **Total Time:** 40 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 400 kcal
      - **Protein:** 12g
      - **Carbs:** 45g
      - **Fat:** 18g
      - **Fiber:** 10g
      - **Vitamins & Minerals:** High in Fiber, Folate, Vitamin C, Iron
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### **Snack:**

- **Sliced Bell Pepper with Hummus**
  - **Ingredients:**
    - 1 medium bell pepper, sliced

- 3 tbsp hummus
  - **Instructions:**
    - Serve bell pepper slices with hummus for dipping.
  - **Prep Time:** 2 minutes
  - **Cook Time:** None
  - **Total Time:** 2 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 120 kcal
    - **Protein:** 4g
    - **Carbs:** 16g
    - **Fat:** 5g
    - **Fiber:** 6g
    - **Vitamins & Minerals:** High in Vitamin C, Fiber, Healthy Fats
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## Dinner:

- **Grilled Grass-Fed Beef with Roasted Sweet Potatoes and Spinach Salad**
    - **Ingredients:**
      - 1 grass-fed steak (6 oz)
      - 1 medium sweet potato, cubed
      - 2 cups baby spinach
      - 1 tbsp olive oil
      - 1 tsp lemon juice
      - Salt and pepper to taste
    - **Instructions:**
      - Preheat the oven to 400°F (200°C). Toss sweet potato cubes with olive oil, salt, and pepper and roast for 25-30 minutes.
      - Grill steak for 5-6 minutes per side until desired doneness.
      - Toss spinach with olive oil and lemon juice to make a simple salad.
      - Serve steak with roasted sweet potatoes and spinach salad.
    - **Prep Time:** 10 minutes
    - **Cook Time:** 30 minutes
    - **Total Time:** 40 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 550 kcal
      - **Protein:** 35g
      - **Carbs:** 40g
      - **Fat:** 24g
      - **Fiber:** 9g
      - **Vitamins & Minerals:** High in Iron, Zinc, Vitamin A, Vitamin C
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## Day 15 Total Nutrition Overview:

- **Total Calories:** ~1570 kcal
  - **Total Protein:** ~74g (RDI: 50-60g)
  - **Total Carbohydrates:** ~149g (RDI: 225-325g)
  - **Total Fat:** ~78g (RDI: 70-100g)
  - **Fiber:** 42g (RDI: 25-30g)
  - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Folate, Iron, complete amino acids.
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## Day 16

### Breakfast:

- **Overnight Oats with Almond Milk, Chia Seeds, and Berries**
    - **Ingredients:**
      - 1/2 cup rolled oats
      - 1 cup almond milk (or raw milk)
      - 1 tbsp chia seeds
      - 1/4 cup mixed berries (blueberries, raspberries)
    - **Instructions:**
      - Mix oats, almond milk, and chia seeds in a jar and refrigerate overnight.
      - In the morning, stir and top with berries.
    - **Prep Time:** 5 minutes (overnight refrigeration)
    - **Cook Time:** None
    - **Total Time:** 5 minutes (active)
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 320 kcal
      - **Protein:** 10g
      - **Carbs:** 50g
      - **Fat:** 10g
      - **Fiber:** 10g
      - **Vitamins & Minerals:** High in Fiber, Omega-3s, Antioxidants, Vitamin C
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### Snack:

- **Sliced Apple with Cashew Butter**
  - **Ingredients:**
    - 1 medium apple, sliced
    - 2 tbsp cashew butter
  - **Instructions:**

- Serve apple slices with cashew butter for dipping.
  - **Prep Time:** 2 minutes
  - **Cook Time:** None
  - **Total Time:** 2 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 220 kcal
    - **Protein:** 6g
    - **Carbs:** 28g
    - **Fat:** 12g
    - **Fiber:** 6g
    - **Vitamins & Minerals:** High in Fiber, Vitamin E, Potassium
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### **Lunch:**

- **Grilled Chicken Wrap with Hummus, Avocado, and Spinach**
    - **Ingredients:**
      - 1 grilled chicken breast, sliced
      - 1 whole grain wrap
      - 1/4 avocado, sliced
      - 1 tbsp hummus
      - 1 cup spinach
    - **Instructions:**
      - Spread hummus on the whole grain wrap and add sliced chicken, avocado, and spinach.
      - Roll up the wrap and enjoy.
    - **Prep Time:** 10 minutes
    - **Cook Time:** None (pre-grilled chicken)
    - **Total Time:** 10 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 400 kcal
      - **Protein:** 30g
      - **Carbs:** 35g
      - **Fat:** 18g
      - **Fiber:** 8g
      - **Vitamins & Minerals:** High in Fiber, Vitamin C, Healthy Fats, Protein
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### **Snack:**

- **Handful of Mixed Nuts and Raisins**
  - **Ingredients:**

- 1/4 cup mixed nuts (almonds, cashews, walnuts)
  - 2 tbsp raisins
  - **Instructions:**
    - Enjoy a handful of mixed nuts and raisins as a snack.
  - **Prep Time:** 1 minute
  - **Cook Time:** None
  - **Total Time:** 1 minute
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 200 kcal
    - **Protein:** 6g
    - **Carbs:** 20g
    - **Fat:** 12g
    - **Fiber:** 5g
    - **Vitamins & Minerals:** Omega-3s, Vitamin E, Fiber
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## Dinner:

- **Grilled Salmon with Wild Rice and Sautéed Asparagus**
    - **Ingredients:**
      - 1 wild-caught salmon fillet (6 oz)
      - 1/2 cup cooked wild rice
      - 1 cup asparagus, sautéed
      - 1 tbsp olive oil
      - Salt and pepper to taste
    - **Instructions:**
      - Grill salmon for 10-12 minutes until cooked through.
      - Sauté asparagus in olive oil for 4-5 minutes until tender.
      - Serve salmon with wild rice and sautéed asparagus.
    - **Prep Time:** 10 minutes
    - **Cook Time:** 12 minutes
    - **Total Time:** 22 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 500 kcal
      - **Protein:** 38g
      - **Carbs:** 40g
      - **Fat:** 20g
      - **Fiber:** 8g
      - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Protein, Fiber
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## Day 16 Total Nutrition Overview:

- **Total Calories:** ~1640 kcal
  - **Total Protein:** ~82g (RDI: 50-60g)
  - **Total Carbohydrates:** ~145g (RDI: 225-325g)
  - **Total Fat:** ~78g (RDI: 70-100g)
  - **Fiber:** 37g (RDI: 25-30g)
  - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Folate, Fiber, complete amino acids.
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## Day 17

### Breakfast:

- **Greek Yogurt with Flaxseeds, Almonds, and Raspberries**
    - **Ingredients:**
      - 1/2 cup raw milk Greek yogurt
      - 1 tbsp ground flaxseeds
      - 1/4 cup raspberries
      - 1 tbsp sliced raw almonds
    - **Instructions:**
      - Stir the flaxseeds into the yogurt.
      - Top with raspberries and almonds.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 250 kcal
      - **Protein:** 12g
      - **Carbs:** 20g
      - **Fat:** 12g
      - **Fiber:** 6g
      - **Vitamins & Minerals:** High in Omega-3s, Calcium, Vitamin C, Fiber
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### Snack:

- **Sliced Bell Pepper with Guacamole**
  - **Ingredients:**
    - 1 bell pepper, sliced
    - 2 tbsp guacamole
  - **Instructions:**
    - Serve bell pepper slices with guacamole for dipping.

- **Prep Time:** 3 minutes
  - **Cook Time:** None
  - **Total Time:** 3 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 180 kcal
    - **Protein:** 3g
    - **Carbs:** 12g
    - **Fat:** 12g
    - **Fiber:** 6g
    - **Vitamins & Minerals:** High in Vitamin C, Healthy Fats, Fiber
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## Lunch:

- **Grilled Chicken and Quinoa Bowl with Avocado and Kale**
    - **Ingredients:**
      - 1 grilled chicken breast
      - 1/2 cup cooked quinoa
      - 1/2 avocado, sliced
      - 1 cup kale, chopped
      - 1 tbsp olive oil
      - 1 tbsp lemon juice
      - Salt and pepper to taste
    - **Instructions:**
      - Toss quinoa, avocado, and kale in a bowl.
      - Top with grilled chicken slices.
      - Drizzle with olive oil and lemon juice, and season with salt and pepper.
    - **Prep Time:** 10 minutes
    - **Cook Time:** None (use pre-grilled chicken)
    - **Total Time:** 10 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 450 kcal
      - **Protein:** 35g
      - **Carbs:** 35g
      - **Fat:** 22g
      - **Fiber:** 10g
      - **Vitamins & Minerals:** High in Protein, Vitamin A, Vitamin C, Healthy Fats
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## Snack:

- **Sliced Apple with Peanut Butter**
    - **Ingredients:**
      - 1 medium organic apple, sliced
      - 2 tbsp organic peanut butter
    - **Instructions:**
      - Serve apple slices with peanut butter for dipping.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 220 kcal
      - **Protein:** 7g
      - **Carbs:** 30g
      - **Fat:** 12g
      - **Fiber:** 6g
      - **Vitamins & Minerals:** High in Fiber, Vitamin E, Potassium
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## **Dinner:**

- **Grilled Salmon with Roasted Brussels Sprouts and Brown Rice**
  - **Ingredients:**
    - 1 wild-caught salmon fillet (6 oz)
    - 1 cup Brussels sprouts, halved
    - 1/2 cup cooked brown rice
    - 1 tbsp olive oil
    - 1 tsp lemon juice
    - Salt and pepper to taste
  - **Instructions:**
    - Preheat the oven to 400°F (200°C). Toss Brussels sprouts with olive oil, salt, and pepper and roast for 25-30 minutes until golden.
    - Grill the salmon for 10-12 minutes until fully cooked.
    - Serve salmon with brown rice and roasted Brussels sprouts, drizzling with lemon juice.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 30 minutes
  - **Total Time:** 40 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 550 kcal
    - **Protein:** 40g
    - **Carbs:** 40g
    - **Fat:** 22g
    - **Fiber:** 9g

- **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Iron, Fiber
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## Day 17 Total Nutrition Overview:

- **Total Calories:** ~1650 kcal
  - **Total Protein:** ~94g (RDI: 50-60g)
  - **Total Carbohydrates:** ~137g (RDI: 225-325g)
  - **Total Fat:** ~78g (RDI: 70-100g)
  - **Fiber:** 41g (RDI: 25-30g)
  - **Key Nutrients Covered:** Vitamins A, C, D, E, Omega-3s, Protein, Fiber, complete amino acids.
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## Day 18

### Breakfast:

- **Oatmeal with Almond Butter, Chia Seeds, and Sliced Banana**
    - **Ingredients:**
      - 1/2 cup organic rolled oats
      - 1 cup almond milk (or raw milk)
      - 1 tbsp almond butter
      - 1 tbsp chia seeds
      - 1 banana, sliced
    - **Instructions:**
      - Bring almond milk to a simmer and cook oats for 5-7 minutes until creamy.
      - Stir in almond butter and chia seeds, and top with sliced banana.
    - **Prep Time:** 5 minutes
    - **Cook Time:** 7 minutes
    - **Total Time:** 12 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 350 kcal
      - **Protein:** 10g
      - **Carbs:** 50g
      - **Fat:** 14g
      - **Fiber:** 9g
      - **Vitamins & Minerals:** High in Omega-3s, Potassium, Fiber, Vitamin E
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### Snack:

- **Carrot Sticks with Tahini**
    - **Ingredients:**
      - 1 large carrot, sliced into sticks
      - 2 tbsp tahini
    - **Instructions:**
      - Serve carrot sticks with tahini for dipping.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 150 kcal
      - **Protein:** 4g
      - **Carbs:** 12g
      - **Fat:** 10g
      - **Fiber:** 6g
      - **Vitamins & Minerals:** High in Vitamin A, Fiber, Calcium
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## **Lunch:**

- **Quinoa Salad with Black Beans, Corn, and Avocado**
  - **Ingredients:**
    - 1/2 cup cooked quinoa
    - 1/2 cup black beans, cooked
    - 1/4 cup corn kernels (cooked or fresh)
    - 1/2 avocado, diced
    - 1 tbsp olive oil
    - 1 tbsp lime juice
    - Salt and pepper to taste
  - **Instructions:**
    - Toss quinoa, black beans, corn, and avocado together in a bowl.
    - Drizzle with olive oil and lime juice, and season with salt and pepper.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 15 minutes (for quinoa and beans)
  - **Total Time:** 25 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 420 kcal
    - **Protein:** 16g
    - **Carbs:** 50g
    - **Fat:** 18g
    - **Fiber:** 12g
    - **Vitamins & Minerals:** High in Fiber, Folate, Potassium, Magnesium

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## Snack:

- **Handful of Walnuts and Raisins**
  - **Ingredients:**
    - 1/4 cup raw walnuts
    - 2 tbsp raisins
  - **Instructions:**
    - Enjoy walnuts and raisins as a snack.
  - **Prep Time:** 1 minute
  - **Cook Time:** None
  - **Total Time:** 1 minute
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 200 kcal
    - **Protein:** 4g
    - **Carbs:** 18g
    - **Fat:** 14g
    - **Fiber:** 4g
    - **Vitamins & Minerals:** Omega-3s, Vitamin E, Fiber

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## Dinner:

- **Baked Chicken Thighs with Roasted Carrots and Cauliflower**
  - **Ingredients:**
    - 2 organic chicken thighs, skin-on
    - 1 cup cauliflower florets
    - 1 medium carrot, sliced
    - 1 tbsp olive oil
    - 1 tsp rosemary
    - Salt and pepper to taste
  - **Instructions:**
    - Preheat oven to 400°F (200°C). Toss cauliflower and carrots with olive oil, rosemary, salt, and pepper, and roast for 25-30 minutes.
    - Season chicken thighs with salt and pepper and bake for 25-30 minutes until golden.
    - Serve roasted vegetables alongside the baked chicken thighs.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 30 minutes
  - **Total Time:** 40 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 520 kcal

- **Protein:** 35g
  - **Carbs:** 20g
  - **Fat:** 28g
  - **Fiber:** 8g
  - **Vitamins & Minerals:** High in Vitamin A, Potassium, Fiber, Iron
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## Day 18 Total Nutrition Overview:

- **Total Calories:** ~1640 kcal
  - **Total Protein:** ~85g (RDI: 50-60g)
  - **Total Carbohydrates:** ~150g (RDI: 225-325g)
  - **Total Fat:** ~76g (RDI: 70-100g)
  - **Fiber:** 39g (RDI: 25-30g)
  - **Key Nutrients Covered:** Vitamins A, C, D, E, Omega-3s, Potassium, Fiber, complete amino acids.
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## Day 19

### Breakfast:

- **Chia Seed Pudding with Coconut Milk and Mixed Berries**
    - **Ingredients:**
      - 1/4 cup chia seeds
      - 1 cup coconut milk
      - 1/4 cup mixed berries (blueberries, raspberries)
      - 1 tsp raw honey
    - **Instructions:**
      - Mix chia seeds with coconut milk and refrigerate overnight.
      - In the morning, stir and top with mixed berries and honey.
    - **Prep Time:** 5 minutes (overnight refrigeration)
    - **Cook Time:** None
    - **Total Time:** 5 minutes (active)
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 300 kcal
      - **Protein:** 8g
      - **Carbs:** 24g
      - **Fat:** 20g
      - **Fiber:** 10g
      - **Vitamins & Minerals:** High in Omega-3s, Fiber, Vitamin C, Antioxidants
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## Snack:

- **Celery Sticks with Hummus**
    - **Ingredients:**
      - 2 celery stalks, sliced
      - 3 tbsp organic hummus
    - **Instructions:**
      - Serve celery sticks with hummus for dipping.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 120 kcal
      - **Protein:** 4g
      - **Carbs:** 10g
      - **Fat:** 6g
      - **Fiber:** 5g
      - **Vitamins & Minerals:** High in Vitamin C, Fiber, Folate
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## Lunch:

- **Quinoa Salad with Chickpeas, Cucumber, and Goat Cheese**
  - **Ingredients:**
    - 1/2 cup cooked quinoa
    - 1/2 cup cooked chickpeas
    - 1/2 cucumber, diced
    - 1 oz raw goat cheese
    - 1 tbsp olive oil
    - 1 tbsp lemon juice
    - Salt and pepper to taste
  - **Instructions:**
    - Toss quinoa, chickpeas, and cucumber in a bowl.
    - Top with crumbled goat cheese and drizzle with olive oil and lemon juice.
    - Season with salt and pepper.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 15 minutes (for quinoa and chickpeas)
  - **Total Time:** 25 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 420 kcal
    - **Protein:** 18g
    - **Carbs:** 50g
    - **Fat:** 18g

- **Fiber:** 10g
  - **Vitamins & Minerals:** High in Fiber, Protein, Folate, Calcium
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### Snack:

- **Sliced Apple with Cashew Butter**
    - **Ingredients:**
      - 1 medium apple, sliced
      - 2 tbsp cashew butter
    - **Instructions:**
      - Serve apple slices with cashew butter.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 220 kcal
      - **Protein:** 6g
      - **Carbs:** 30g
      - **Fat:** 12g
      - **Fiber:** 6g
      - **Vitamins & Minerals:** High in Fiber, Vitamin E, Potassium
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### Dinner:

- **Grilled Turkey Burger with Sweet Potato Fries and Steamed Broccoli**
  - **Ingredients:**
    - 1 turkey burger patty (4 oz)
    - 1 medium sweet potato, cut into fries
    - 1 cup broccoli florets, steamed
    - 1 tbsp olive oil
    - Salt and pepper to taste
  - **Instructions:**
    - Preheat oven to 400°F (200°C). Toss sweet potato fries with olive oil, salt, and pepper and roast for 25-30 minutes.
    - Grill turkey burger for 4-5 minutes per side.
    - Steam broccoli for 4-5 minutes.
    - Serve turkey burger with sweet potato fries and steamed broccoli.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 30 minutes
  - **Total Time:** 40 minutes
  - **Servings:** 1

- **Nutrition Info:**
  - **Calories:** 500 kcal
  - **Protein:** 30g
  - **Carbs:** 40g
  - **Fat:** 22g
  - **Fiber:** 9g
  - **Vitamins & Minerals:** High in Vitamin A, Vitamin C, Iron, Fiber

## Day 19 Total Nutrition Overview:

- **Total Calories:** ~1560 kcal
  - **Total Protein:** ~82g (RDI: 50-60g)
  - **Total Carbohydrates:** ~140g (RDI: 225-325g)
  - **Total Fat:** ~74g (RDI: 70-100g)
  - **Fiber:** 40g (RDI: 25-30g)
  - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Protein, Fiber, complete amino acids.
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## Day 20

### Breakfast:

- **Smoothie with Spinach, Pineapple, Banana, and Almond Milk**
    - **Ingredients:**
      - 1 cup spinach
      - 1/2 cup pineapple chunks
      - 1 banana
      - 1 cup almond milk (or raw milk)
    - **Instructions:**
      - Blend all ingredients until smooth.
    - **Prep Time:** 5 minutes
    - **Cook Time:** None
    - **Total Time:** 5 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 300 kcal
      - **Protein:** 6g
      - **Carbs:** 55g
      - **Fat:** 6g
      - **Fiber:** 9g
      - **Vitamins & Minerals:** High in Vitamin C, Fiber, Potassium, Antioxidants
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## Snack:

- **Sliced Cucumber with Hummus**
    - **Ingredients:**
      - 1 medium cucumber, sliced
      - 3 tbsp organic hummus
    - **Instructions:**
      - Serve cucumber slices with hummus for dipping.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 100 kcal
      - **Protein:** 4g
      - **Carbs:** 10g
      - **Fat:** 5g
      - **Fiber:** 5g
      - **Vitamins & Minerals:** Vitamin C, Fiber, Folate
- 

## Lunch:

- **Grilled Chicken Salad with Avocado, Spinach, and Balsamic Dressing**
  - **Ingredients:**
    - 1 grilled chicken breast
    - 1/2 avocado, sliced
    - 2 cups baby spinach
    - 1 tbsp balsamic vinegar
    - 1 tbsp olive oil
    - Salt and pepper to taste
  - **Instructions:**
    - Toss spinach and avocado together in a bowl.
    - Top with grilled chicken slices.
    - Drizzle with balsamic vinegar and olive oil.
    - Season with salt and pepper.
  - **Prep Time:** 10 minutes
  - **Cook Time:** None (pre-grilled chicken)
  - **Total Time:** 10 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 400 kcal
    - **Protein:** 30g
    - **Carbs:** 18g
    - **Fat:** 22g

- **Fiber:** 9g
  - **Vitamins & Minerals:** High in Protein, Vitamin A, Healthy Fats, Fiber
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### Snack:

- **Sliced Apple with Almonds**
    - **Ingredients:**
      - 1 medium apple, sliced
      - 1/4 cup raw almonds
    - **Instructions:**
      - Serve apple slices with almonds for a snack.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 200 kcal
      - **Protein:** 5g
      - **Carbs:** 25g
      - **Fat:** 10g
      - **Fiber:** 6g
      - **Vitamins & Minerals:** Vitamin E, Potassium, Fiber
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### Dinner:

- **Grilled Salmon with Sautéed Spinach and Quinoa**
  - **Ingredients:**
    - 1 wild-caught salmon fillet (6 oz)
    - 1/2 cup cooked quinoa
    - 1 cup spinach, sautéed
    - 1 tbsp olive oil
    - 1 tsp lemon juice
    - Salt and pepper to taste
  - **Instructions:**
    - Grill salmon for 10-12 minutes until cooked through.
    - Sauté spinach in olive oil for 3-4 minutes until wilted.
    - Serve salmon with quinoa and spinach, drizzling with lemon juice.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 12 minutes
  - **Total Time:** 22 minutes
  - **Servings:** 1
  - **Nutrition Info:**

- **Calories:** 500 kcal
  - **Protein:** 38g
  - **Carbs:** 35g
  - **Fat:** 20g
  - **Fiber:** 8g
  - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Protein, Fiber
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## Day 20 Total Nutrition Overview:

- **Total Calories:** ~1520 kcal
  - **Total Protein:** ~79g (RDI: 50-60g)
  - **Total Carbohydrates:** ~138g (RDI: 225-325g)
  - **Total Fat:** ~74g (RDI: 70-100g)
  - **Fiber:** 37g (RDI: 25-30g)
  - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Protein, Fiber, complete amino acids.
- 
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## Day 21

### Breakfast:

- **Scrambled Eggs with Sautéed Spinach and Mushrooms**
  - **Ingredients:**
    - 2 organic eggs
    - 1 cup spinach, chopped
    - 1/2 cup mushrooms, sliced
    - 1 tbsp raw butter or olive oil
    - Salt and pepper to taste
  - **Instructions:**
    - Heat butter or oil in a skillet over medium heat and sauté mushrooms for 5-6 minutes until soft.
    - Add spinach and cook for an additional 2-3 minutes until wilted.
    - Whisk eggs and pour into the skillet, scrambling until cooked.
    - Serve immediately, seasoned with salt and pepper.
  - **Prep Time:** 5 minutes
  - **Cook Time:** 10 minutes
  - **Total Time:** 15 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 300 kcal
    - **Protein:** 18g

- **Carbs:** 6g
  - **Fat:** 24g
  - **Fiber:** 4g
  - **Vitamins & Minerals:** High in Vitamin D, Folate, Vitamin A, Protein
- 

## Snack:

- **Apple with Almond Butter**
    - **Ingredients:**
      - 1 medium apple, sliced
      - 2 tbsp raw almond butter
    - **Instructions:**
      - Serve apple slices with almond butter for dipping.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 220 kcal
      - **Protein:** 6g
      - **Carbs:** 30g
      - **Fat:** 12g
      - **Fiber:** 7g
      - **Vitamins & Minerals:** High in Vitamin E, Potassium, Fiber
- 

## Lunch:

- **Quinoa Salad with Grilled Tofu, Cucumber, and Avocado**
  - **Ingredients:**
    - 1/2 block grilled organic tofu, cubed
    - 1/2 cup cooked quinoa
    - 1/4 cucumber, sliced
    - 1/2 avocado, diced
    - 1 tbsp olive oil
    - 1 tbsp lemon juice
    - Salt and pepper to taste
  - **Instructions:**
    - Toss quinoa, tofu, cucumber, and avocado together in a bowl.
    - Drizzle with olive oil and lemon juice, and season with salt and pepper.
  - **Prep Time:** 10 minutes
  - **Cook Time:** None (pre-grilled tofu)
  - **Total Time:** 10 minutes

- **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 400 kcal
    - **Protein:** 20g
    - **Carbs:** 40g
    - **Fat:** 18g
    - **Fiber:** 10g
    - **Vitamins & Minerals:** High in Protein, Fiber, Healthy Fats, Iron
- 

### **Snack:**

- **Cucumber Slices with Hummus**
    - **Ingredients:**
      - 1 medium cucumber, sliced
      - 3 tbsp hummus
    - **Instructions:**
      - Serve cucumber slices with hummus for dipping.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 120 kcal
      - **Protein:** 4g
      - **Carbs:** 10g
      - **Fat:** 6g
      - **Fiber:** 4g
      - **Vitamins & Minerals:** High in Vitamin C, Fiber, Folate
- 

### **Dinner:**

- **Grilled Chicken with Roasted Sweet Potatoes and Green Beans**
  - **Ingredients:**
    - 1 organic chicken breast
    - 1 medium sweet potato, cubed
    - 1 cup green beans, steamed
    - 1 tbsp olive oil
    - Salt and pepper to taste
  - **Instructions:**
    - Preheat oven to 400°F (200°C). Toss sweet potatoes with olive oil, salt, and pepper and roast for 25-30 minutes.
    - Grill the chicken breast for 5-6 minutes on each side until fully cooked.

- Steam green beans for 4-5 minutes until tender.
  - Serve grilled chicken with roasted sweet potatoes and steamed green beans.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 30 minutes
  - **Total Time:** 40 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 450 kcal
    - **Protein:** 38g
    - **Carbs:** 40g
    - **Fat:** 14g
    - **Fiber:** 8g
    - **Vitamins & Minerals:** High in Vitamin A, C, Fiber, Protein
- 

## Day 21 Total Nutrition Overview:

- **Total Calories:** ~1490 kcal
  - **Total Protein:** ~84g (RDI: 50-60g)
  - **Total Carbohydrates:** ~126g (RDI: 225-325g)
  - **Total Fat:** ~74g (RDI: 70-100g)
  - **Fiber:** 33g (RDI: 25-30g)
  - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Protein, Fiber, complete amino acids.
- 

## Day 22

### Breakfast:

- **Overnight Oats with Almond Milk, Chia Seeds, and Blueberries**
  - **Ingredients:**
    - 1/2 cup rolled oats
    - 1 cup almond milk (or raw milk)
    - 1 tbsp chia seeds
    - 1/4 cup fresh blueberries
  - **Instructions:**
    - Combine oats, almond milk, and chia seeds in a jar and refrigerate overnight.
    - In the morning, stir and top with fresh blueberries.
  - **Prep Time:** 5 minutes (overnight refrigeration)
  - **Cook Time:** None
  - **Total Time:** 5 minutes (active)

- **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 300 kcal
    - **Protein:** 10g
    - **Carbs:** 50g
    - **Fat:** 10g
    - **Fiber:** 10g
    - **Vitamins & Minerals:** High in Fiber, Omega-3s, Antioxidants, Vitamin C
- 

### **Snack:**

- **Sliced Bell Pepper with Guacamole**
    - **Ingredients:**
      - 1 bell pepper, sliced
      - 3 tbsp guacamole
    - **Instructions:**
      - Serve bell pepper slices with guacamole for dipping.
    - **Prep Time:** 3 minutes
    - **Cook Time:** None
    - **Total Time:** 3 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 180 kcal
      - **Protein:** 3g
      - **Carbs:** 12g
      - **Fat:** 12g
      - **Fiber:** 6g
      - **Vitamins & Minerals:** High in Vitamin C, Fiber, Healthy Fats
- 

### **Lunch:**

- **Grilled Salmon with Quinoa and Steamed Broccoli**
  - **Ingredients:**
    - 1 wild-caught salmon fillet (6 oz)
    - 1/2 cup cooked quinoa
    - 1 cup broccoli florets, steamed
    - 1 tbsp olive oil
    - 1 tsp lemon juice
    - Salt and pepper to taste
  - **Instructions:**
    - Grill salmon for 10-12 minutes until cooked through.
    - Steam broccoli for 4-5 minutes until tender.

- Serve salmon with quinoa and broccoli, drizzling with olive oil and lemon juice.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 12 minutes
  - **Total Time:** 22 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 500 kcal
    - **Protein:** 40g
    - **Carbs:** 40g
    - **Fat:** 20g
    - **Fiber:** 8g
    - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Fiber, Protein
- 

### Snack:

- **Sliced Apple with Peanut Butter**
    - **Ingredients:**
      - 1 medium organic apple, sliced
      - 2 tbsp peanut butter
    - **Instructions:**
      - Serve apple slices with peanut butter for dipping.
    - **Prep Time:** 2 minutes
    - **Cook Time:** None
    - **Total Time:** 2 minutes
    - **Servings:** 1
    - **Nutrition Info:**
      - **Calories:** 220 kcal
      - **Protein:** 7g
      - **Carbs:** 30g
      - **Fat:** 12g
      - **Fiber:** 6g
      - **Vitamins & Minerals:** High in Fiber, Vitamin E, Potassium
- 

### Dinner:

- **Grilled Turkey Burger with Roasted Sweet Potato Wedges and Spinach Salad**
  - **Ingredients:**
    - 1 turkey burger patty (4 oz)
    - 1 medium sweet potato, cut into wedges
    - 2 cups spinach
    - 1 tbsp olive oil

- 1 tsp balsamic vinegar
  - Salt and pepper to taste
  - **Instructions:**
    - Preheat oven to 400°F (200°C). Toss sweet potato wedges with olive oil, salt, and pepper and roast for 25-30 minutes until crispy.
    - Grill the turkey burger for 4-5 minutes per side.
    - Toss spinach with olive oil and balsamic vinegar to make a simple salad.
    - Serve turkey burger with sweet potato wedges and spinach salad.
  - **Prep Time:** 10 minutes
  - **Cook Time:** 30 minutes
  - **Total Time:** 40 minutes
  - **Servings:** 1
  - **Nutrition Info:**
    - **Calories:** 500 kcal
    - **Protein:** 30g
    - **Carbs:** 40g
    - **Fat:** 22g
    - **Fiber:** 9g
    - **Vitamins & Minerals:** High in Vitamin A, Protein, Potassium, Fiber
- 

### **Day 22 Total Nutrition Overview:**

- **Total Calories:** ~1540 kcal
- **Total Protein:** ~87g (RDI: 50-60g)
- **Total Carbohydrates:** ~138g (RDI: 225-325g)
- **Total Fat:** ~74g (RDI: 70-100g)
- **Fiber:** 39g (RDI: 25-30g)
- **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Protein, Fiber, complete amino acids.