

Month Meal Plan
Whole Foods
Complete Daily Nutrition
Week 4

Day 23

Breakfast:

- **Chia Seed Pudding with Almond Milk, Strawberries, and Walnuts**
 - **Ingredients:**
 - 1/4 cup chia seeds
 - 1 cup almond milk (or raw milk)
 - 1/4 cup fresh strawberries, sliced
 - 1 tbsp raw walnuts, chopped
 - **Instructions:**
 - Mix chia seeds with almond milk and refrigerate overnight.
 - In the morning, stir and top with strawberries and walnuts.
 - **Prep Time:** 5 minutes (overnight refrigeration)
 - **Cook Time:** None
 - **Total Time:** 5 minutes (active)
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 300 kcal
 - **Protein:** 10g
 - **Carbs:** 25g
 - **Fat:** 18g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin C, Calcium, Fiber
-

Snack:

- **Carrot Sticks with Hummus**
 - **Ingredients:**
 - 1 large carrot, sliced into sticks
 - 3 tbsp hummus
 - **Instructions:**
 - Serve carrot 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:** 12g
 - **Fat:** 6g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** High in Vitamin A, Fiber, Folate
-

Lunch:

- **Farro Salad with Avocado, Chickpeas, and Arugula**
 - **Ingredients:**
 - 1/2 cup cooked farro
 - 1/2 avocado, diced
 - 1/2 cup cooked chickpeas
 - 1 cup arugula
 - 1 tbsp olive oil
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Toss farro, avocado, chickpeas, and arugula together in a bowl.
 - Drizzle with olive oil and lemon juice, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes (for farro)
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 14g
 - **Carbs:** 50g
 - **Fat:** 16g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Fiber, Folate, Vitamin C, Iron
-

Snack:

- **Sliced Apple with Almonds**
 - **Ingredients:**
 - 1 medium apple, sliced
 - 1/4 cup raw almonds
 - **Instructions:**

- Serve apple slices with almonds as a snack.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 5g
 - **Carbs:** 28g
 - **Fat:** 10g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin E, Potassium, Fiber
-

Dinner:

- **Grilled Grass-Fed Beef with Roasted Carrots and Quinoa**
 - **Ingredients:**
 - 1 grass-fed beef steak (6 oz)
 - 1 cup carrots, sliced and roasted
 - 1/2 cup cooked quinoa
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 400°F (200°C). Toss carrots with olive oil, salt, and pepper, and roast for 20-25 minutes until tender.
 - Grill the steak for 5-6 minutes per side until desired doneness.
 - Serve steak with roasted carrots and quinoa.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 600 kcal
 - **Protein:** 40g
 - **Carbs:** 40g
 - **Fat:** 24g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Iron, Vitamin A, Protein, Zinc
-

Day 23 Total Nutrition Overview:

- **Total Calories:** ~1620 kcal

- **Total Protein:** ~83g (RDI: 50-60g)
 - **Total Carbohydrates:** ~155g (RDI: 225-325g)
 - **Total Fat:** ~74g (RDI: 70-100g)
 - **Fiber:** 43g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Iron, Protein, Fiber, complete amino acids.
-

Day 24

Breakfast:

- **Green Smoothie with Kale, Pineapple, Banana, and Almond Butter**
 - **Ingredients:**
 - 1 cup kale
 - 1/2 cup pineapple chunks
 - 1 banana
 - 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:** 320 kcal
 - **Protein:** 8g
 - **Carbs:** 50g
 - **Fat:** 12g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Omega-3s, Antioxidants
-

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:** 14g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin C, Vitamin A, Healthy Fats
-

Lunch:

- **Lentil Salad with Roasted Vegetables and Feta**
 - **Ingredients:**
 - 1/2 cup cooked lentils
 - 1/2 cup roasted vegetables (carrots, zucchini)
 - 1 oz goat feta cheese
 - 1 cup mixed greens (arugula, spinach, etc.)
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**
 - Roast vegetables at 400°F (200°C) for 20-25 minutes until tender.
 - Toss lentils, roasted vegetables, and mixed greens in a bowl.
 - Top with crumbled feta cheese and drizzle with olive oil and balsamic vinegar.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 16g
 - **Carbs:** 40g
 - **Fat:** 18g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Fiber, Vitamin C, Protein, Folate
-

Snack:

- **Apple with Walnuts**
 - **Ingredients:**

- 1 medium apple, sliced
 - 1/4 cup raw walnuts
 - **Instructions:**
 - Serve apple slices with walnuts for a snack.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 220 kcal
 - **Protein:** 4g
 - **Carbs:** 28g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin E, Fiber, Omega-3s
-

Dinner:

- **Baked Chicken with Roasted Brussels Sprouts and Wild Rice**
 - **Ingredients:**
 - 1 organic chicken breast
 - 1 cup Brussels sprouts, halved
 - 1/2 cup cooked wild rice
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat oven to 400°F (200°C). Toss Brussels sprouts with olive oil, salt, and pepper and roast for 20-25 minutes until golden.
 - Bake chicken breast for 20-25 minutes until fully cooked.
 - Serve chicken with roasted Brussels sprouts and wild rice.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 40g
 - **Carbs:** 40g
 - **Fat:** 18g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin C, Protein, Fiber, Iron
-

Day 24 Total Nutrition Overview:

- **Total Calories:** ~1620 kcal
 - **Total Protein:** ~78g (RDI: 50-60g)
 - **Total Carbohydrates:** ~155g (RDI: 225-325g)
 - **Total Fat:** ~78g (RDI: 70-100g)
 - **Fiber:** 43g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Fiber, Protein, complete amino acids.
-

Day 25

Breakfast:

- **Buckwheat Pancakes with Blueberries and Maple Syrup**
 - **Ingredients:**
 - 1/2 cup buckwheat flour
 - 1/2 cup raw milk
 - 1 organic egg
 - 1 tsp baking powder
 - 1 tbsp raw butter
 - 1/4 cup fresh blueberries
 - 1 tbsp pure maple syrup
 - **Instructions:**
 - Mix buckwheat flour, baking powder, milk, and egg in a bowl.
 - Heat butter in a skillet and cook pancakes for 2-3 minutes per side until golden.
 - Serve with fresh blueberries and maple syrup.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 10 minutes
 - **Total Time:** 15 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 12g
 - **Carbs:** 50g
 - **Fat:** 12g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Fiber, Antioxidants, Vitamin C
-

Snack:

- **Handful of Mixed Nuts**
 - **Ingredients:**
 - 1/4 cup raw mixed nuts (almonds, cashews, walnuts)
 - **Instructions:**
 - Enjoy a handful of mixed nuts as a snack.
 - **Prep Time:** 1 minute
 - **Cook Time:** None
 - **Total Time:** 1 minute
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 6g
 - **Carbs:** 8g
 - **Fat:** 18g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin E, Antioxidants
-

Lunch:

- **Quinoa Bowl with Avocado, Black Beans, and Spinach**
 - **Ingredients:**
 - 1/2 cup cooked quinoa
 - 1/2 avocado, diced
 - 1/2 cup black beans, cooked
 - 1 cup baby spinach
 - 1 tbsp olive oil
 - 1 tbsp lime juice
 - Salt and pepper to taste
 - **Instructions:**
 - Toss quinoa, avocado, black beans, and spinach 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:** 400 kcal
 - **Protein:** 14g
 - **Carbs:** 45g
 - **Fat:** 18g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Folate, Fiber, Potassium, Magnesium
-

Snack:

- **Greek Yogurt with Flaxseeds and Strawberries**
 - **Ingredients:**
 - 1/2 cup raw milk Greek yogurt
 - 1 tbsp ground flaxseeds
 - 1/4 cup fresh strawberries, sliced
 - **Instructions:**
 - Stir flaxseeds into the yogurt and top with sliced strawberries.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 8g
 - **Carbs:** 15g
 - **Fat:** 7g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** Omega-3s, Vitamin C, Calcium, Fiber
-

Dinner:

- **Grilled Chicken with Steamed Broccoli and Brown Rice**
 - **Ingredients:**
 - 1 organic chicken breast
 - 1 cup broccoli florets, steamed
 - 1/2 cup cooked brown rice
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Grill the chicken breast for 5-6 minutes on each side until fully cooked.
 - Steam broccoli for 4-5 minutes until tender.
 - Serve grilled chicken with brown rice and steamed broccoli.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 40g
 - **Carbs:** 35g
 - **Fat:** 12g
 - **Fiber:** 8g

- **Vitamins & Minerals:** High in Vitamin C, Iron, Fiber, Protein
-

Day 25 Total Nutrition Overview:

- **Total Calories:** ~1580 kcal
 - **Total Protein:** ~80g (RDI: 50-60g)
 - **Total Carbohydrates:** ~155g (RDI: 225-325g)
 - **Total Fat:** ~74g (RDI: 70-100g)
 - **Fiber:** 38g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Fiber, Omega-3s, complete amino acids.
-
-

Day 26

Breakfast:

- **Oatmeal with Almond Butter, Flaxseeds, and Blueberries**
 - **Ingredients:**
 - 1/2 cup organic rolled oats
 - 1 cup almond milk (or raw milk)
 - 1 tbsp almond butter
 - 1 tbsp ground flaxseeds
 - 1/4 cup fresh blueberries
 - **Instructions:**
 - Bring almond milk to a simmer and stir in oats. Cook for 5-7 minutes until thick.
 - Stir in almond butter and flaxseeds.
 - Top with blueberries before serving.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 7 minutes
 - **Total Time:** 12 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 10g
 - **Carbs:** 45g
 - **Fat:** 14g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin E, Potassium, Fiber
-

Snack:

- **Cucumber Sticks with Guacamole**
 - **Ingredients:**
 - 1 medium cucumber, sliced
 - 2 tbsp guacamole
 - **Instructions:**
 - Serve cucumber sticks with guacamole for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 120 kcal
 - **Protein:** 2g
 - **Carbs:** 10g
 - **Fat:** 8g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Healthy Fats
-

Lunch:

- **Quinoa Bowl with Grilled Chicken, Avocado, and Roasted Vegetables**
 - **Ingredients:**
 - 1/2 cup cooked quinoa
 - 1 grilled chicken breast, sliced
 - 1/2 avocado, diced
 - 1/2 cup roasted vegetables (zucchini, bell peppers)
 - 1 tbsp olive oil
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Toss quinoa, grilled chicken, avocado, and roasted vegetables together in a bowl.
 - Drizzle with olive oil and lemon juice, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes (pre-grill chicken and roast veggies)
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 38g
 - **Carbs:** 35g
 - **Fat:** 18g

- **Fiber:** 10g
 - **Vitamins & Minerals:** High in Protein, Fiber, Vitamin A, Vitamin C
-

Snack:

- **Sliced Apple with Peanut Butter**
 - **Ingredients:**
 - 1 medium 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:** 6g
 - **Carbs:** 30g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Fiber, Potassium, Vitamin E
-

Dinner:

- **Grilled Salmon with Steamed Asparagus and Wild Rice**
 - **Ingredients:**
 - 1 wild-caught salmon fillet (6 oz)
 - 1 cup asparagus, steamed
 - 1/2 cup cooked wild rice
 - 1 tbsp olive oil
 - 1 tsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Grill the salmon for 10-12 minutes until cooked through.
 - Steam asparagus for 4-5 minutes until tender.
 - Serve salmon with wild rice and asparagus, drizzled 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:** 18g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Vitamin C, Potassium
-

Day 26 Total Nutrition Overview:

- **Total Calories:** ~1640 kcal
 - **Total Protein:** ~94g (RDI: 50-60g)
 - **Total Carbohydrates:** ~150g (RDI: 225-325g)
 - **Total Fat:** ~70g (RDI: 70-100g)
 - **Fiber:** 39g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, Omega-3s, Protein, Fiber, complete amino acids.
-

Day 27

Breakfast:

- **Greek Yogurt with Granola, Chia Seeds, and Mixed Berries**
 - **Ingredients:**
 - 1/2 cup raw milk Greek yogurt
 - 2 tbsp granola
 - 1 tbsp chia seeds
 - 1/4 cup mixed berries (blueberries, raspberries)
 - **Instructions:**
 - Stir chia seeds into the yogurt.
 - Top with granola and mixed berries.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 250 kcal
 - **Protein:** 12g
 - **Carbs:** 30g
 - **Fat:** 10g
 - **Fiber:** 8g

- **Vitamins & Minerals:** High in Omega-3s, Calcium, Vitamin C, Fiber
-

Snack:

- **Sliced Bell Pepper with Hummus**
 - **Ingredients:**
 - 1 medium bell pepper, sliced
 - 3 tbsp organic 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:** 12g
 - **Fat:** 5g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Folate
-

Lunch:

- **Lentil Salad with Arugula, Roasted Beets, and Goat Cheese**
 - **Ingredients:**
 - 1/2 cup cooked lentils
 - 1/2 cup roasted beets
 - 1 cup arugula
 - 1 oz raw goat cheese
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**
 - Toss lentils, roasted beets, and arugula in a bowl.
 - Top with crumbled goat cheese and drizzle with olive oil and balsamic vinegar.
 - Season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes (for beets)
 - **Total Time:** 40 minutes
 - **Servings:** 1

- **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 16g
 - **Carbs:** 45g
 - **Fat:** 16g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Folate, Iron, Vitamin C, Fiber
-

Snack:

- **Sliced Pear with Walnuts**
 - **Ingredients:**
 - 1 medium pear, sliced
 - 1/4 cup raw walnuts
 - **Instructions:**
 - Serve pear slices with walnuts as a snack.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 4g
 - **Carbs:** 28g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Omega-3s, Fiber, Vitamin E
-

Dinner:

- **Grilled Chicken Thighs with Roasted Sweet Potatoes and Steamed Broccoli**
 - **Ingredients:**
 - 2 organic chicken thighs, skin-on
 - 1 medium sweet potato, cubed
 - 1 cup broccoli florets, steamed
 - 1 tbsp olive oil
 - 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 the chicken thighs for 5-6 minutes per side until crispy and cooked through.

- Steam broccoli for 4-5 minutes until tender.
 - Serve grilled chicken thighs with roasted sweet potatoes and steamed broccoli.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 520 kcal
 - **Protein:** 40g
 - **Carbs:** 40g
 - **Fat:** 22g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin A, Vitamin C, Iron, Protein
-

Day 27 Total Nutrition Overview:

- **Total Calories:** ~1590 kcal
 - **Total Protein:** ~72g (RDI: 50-60g)
 - **Total Carbohydrates:** ~150g (RDI: 225-325g)
 - **Total Fat:** ~74g (RDI: 70-100g)
 - **Fiber:** 40g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Fiber, Protein, Omega-3s, complete amino acids.
-

Day 28

Breakfast:

- **Smoothie with Kale, Banana, Almond Butter, and Flaxseeds**
 - **Ingredients:**
 - 1 cup kale
 - 1 banana
 - 1 tbsp almond butter
 - 1 tbsp ground flaxseeds
 - 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:** 50g
 - **Fat:** 14g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin C, Potassium, Fiber
-

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
-

Lunch:

- **Quinoa Salad with Roasted Butternut Squash, Avocado, and Feta**
 - **Ingredients:**
 - 1/2 cup cooked quinoa
 - 1/2 cup roasted butternut squash
 - 1/2 avocado, diced
 - 1 oz raw goat feta cheese
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**
 - Roast butternut squash at 400°F (200°C) for 25-30 minutes.
 - Toss quinoa, roasted squash, avocado, and feta in a bowl.

- Drizzle with olive oil and balsamic vinegar, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 12g
 - **Carbs:** 50g
 - **Fat:** 18g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Vitamin A, Potassium, Folate, Fiber
-

Snack:

- **Sliced Pear with Almonds**
 - **Ingredients:**
 - 1 medium pear, sliced
 - 1/4 cup raw almonds
 - **Instructions:**
 - Serve pear slices with almonds.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 6g
 - **Carbs:** 25g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin E, Fiber, Potassium
-

Dinner:

- **Grilled Salmon with Roasted Vegetables and Brown Rice**
 - **Ingredients:**
 - 1 wild-caught salmon fillet (6 oz)
 - 1/2 cup cooked brown rice
 - 1 cup mixed roasted vegetables (zucchini, bell peppers, carrots)
 - 1 tbsp olive oil

- Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 400°F (200°C). Toss vegetables with olive oil, salt, and pepper and roast for 20-25 minutes.
 - Grill salmon for 10-12 minutes until cooked through.
 - Serve salmon with roasted vegetables and brown rice.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 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
-

Day 28 Total Nutrition Overview:

- **Total Calories:** ~1620 kcal
 - **Total Protein:** ~74g (RDI: 50-60g)
 - **Total Carbohydrates:** ~145g (RDI: 225-325g)
 - **Total Fat:** ~76g (RDI: 70-100g)
 - **Fiber:** 41g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Fiber, Protein, complete amino acids.
-
-

Day 29

Breakfast:

- **Avocado Toast with Poached Eggs and Arugula**
 - **Ingredients:**
 - 1 slice whole grain bread
 - 1/2 avocado, mashed
 - 2 organic eggs
 - 1/2 cup fresh arugula
 - 1 tsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**

- Toast the whole grain bread.
 - Mash avocado with lemon juice, salt, and pepper.
 - Poach the eggs in simmering water for 3-4 minutes.
 - Spread avocado on toast, top with poached eggs, and garnish with arugula.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 5 minutes
 - **Total Time:** 10 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 15g
 - **Carbs:** 30g
 - **Fat:** 22g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Healthy Fats, Folate
-

Snack:

- **Sliced Pear with Almond Butter**
 - **Ingredients:**
 - 1 medium pear, sliced
 - 2 tbsp almond butter
 - **Instructions:**
 - Serve pear slices with almond butter for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 6g
 - **Carbs:** 25g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin E, Fiber, Potassium
-

Lunch:

- **Grilled Chicken Salad with Avocado, Spinach, and Cherry Tomatoes**
 - **Ingredients:**
 - 1 grilled chicken breast, sliced
 - 1/2 avocado, diced

- 1 cup cherry tomatoes, halved
 - 2 cups fresh spinach
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**
 - Toss spinach, cherry tomatoes, and avocado together in a bowl.
 - Top with grilled chicken slices.
 - Drizzle with olive oil and balsamic vinegar, and 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:** 20g
 - **Fat:** 22g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin C, Protein, Healthy Fats, Fiber
-

Snack:

- **Apple with Walnuts**
 - **Ingredients:**
 - 1 medium apple, sliced
 - 1/4 cup raw walnuts
 - **Instructions:**
 - Serve apple slices with walnuts for a snack.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 4g
 - **Carbs:** 28g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Omega-3s, Fiber, Vitamin E
-

Dinner:

- **Grilled Salmon with Roasted Sweet Potatoes and Steamed Broccoli**
 - **Ingredients:**
 - 1 wild-caught salmon fillet (6 oz)
 - 1 medium sweet potato, cubed
 - 1 cup broccoli florets, steamed
 - 1 tbsp olive oil
 - 1 tsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 400°F (200°C). Toss sweet potatoes with olive oil, salt, and pepper and roast for 25-30 minutes until crispy.
 - Grill salmon for 10-12 minutes until cooked through.
 - Steam broccoli for 4-5 minutes until tender.
 - Serve salmon with roasted sweet potatoes and steamed broccoli, drizzling with lemon juice.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 35g
 - **Carbs:** 40g
 - **Fat:** 22g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Vitamin A, Potassium

Day 29 Total Nutrition Overview:

- **Total Calories:** ~1650 kcal
- **Total Protein:** ~80g (RDI: 50-60g)
- **Total Carbohydrates:** ~143g (RDI: 225-325g)
- **Total Fat:** ~78g (RDI: 70-100g)
- **Fiber:** 40g (RDI: 25-30g)
- **Key Nutrients Covered:** Vitamins A, C, D, E, Omega-3s, Protein, Fiber, complete amino acids.

Day 30

Breakfast:

- **Smoothie Bowl with Spinach, Banana, Almond Butter, and Mixed Berries**
 - **Ingredients:**
 - 1 cup spinach
 - 1 banana
 - 1 tbsp almond butter
 - 1 cup almond milk (or raw milk)
 - 1/4 cup mixed berries (blueberries, raspberries)
 - **Instructions:**
 - Blend spinach, banana, almond butter, and almond milk until smooth.
 - Pour into a bowl and top with mixed berries.
 - **Prep Time:** 5 minutes
 - **Cook Time:** None
 - **Total Time:** 5 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 8g
 - **Carbs:** 45g
 - **Fat:** 14g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Potassium, Antioxidants
-

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:** 100 kcal
 - **Protein:** 4g
 - **Carbs:** 10g
 - **Fat:** 5g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Folate

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
 - 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 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

Snack:

- **Sliced Apple with Almonds**
 - **Ingredients:**
 - 1 medium apple, sliced
 - 1/4 cup raw almonds
 - **Instructions:**
 - Serve apple slices with almonds.
 - **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:** High in Vitamin E, Fiber, Potassium
-

Dinner:

- **Grilled Chicken Breast with Roasted Vegetables and Brown Rice**
 - **Ingredients:**
 - 1 organic chicken breast
 - 1/2 cup cooked brown rice
 - 1 cup roasted vegetables (zucchini, bell peppers, carrots)
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 400°F (200°C). Toss vegetables with olive oil, salt, and pepper and roast for 20-25 minutes.
 - Grill chicken breast for 5-6 minutes per side until cooked through.
 - Serve grilled chicken with roasted vegetables and brown rice.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 40g
 - **Carbs:** 35g
 - **Fat:** 12g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Iron, Protein
-

Day 30 Total Nutrition Overview:

- **Total Calories:** ~1520 kcal
- **Total Protein:** ~79g (RDI: 50-60g)
- **Total Carbohydrates:** ~140g (RDI: 225-325g)
- **Total Fat:** ~74g (RDI: 70-100g)
- **Fiber:** 38g (RDI: 25-30g)
- **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Protein, Fiber, complete amino acids.