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WEEK 1 MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
M	Veggie scramble	Easy lentil soup Mixed green salad	Kale caesar salad Baked chicken breast	Anti-inflammatory latte Cottage cheese and berries Trail mix
T	Chocolate smoothie	Kale caesar salad Baked chicken breast	Easy lentil soup	Anti-inflammatory latte Berry yogurt
W	Broccoli cheese quiches Wheat toast	Cherry smoothie Greek salad wrap	Roasted butternut squash Steamed asparagus Salmon fillet	Anti-inflammatory latte Cottage cheese and berries Trail mix
T	Chocolate smoothie	Easy lentil soup	Kale caesar salad Baked chicken breast	Anti-inflammatory latte Berry yogurt
F	Broccoli cheese quiches Wheat toast	Cherry smoothie Greek salad wrap	Easy lentil soup Apple kale salad	Anti-inflammatory latte Cottage cheese and berries Trail mix
S	Chocolate smoothie	Easy lentil soup Side green salad	Roasted butternut squash Steamed asparagus Salmon fillet	Anti-inflammatory latte Berry yogurt
S	Pumpkin pancakes Yogurt and berries	Greek salad wrap Feta and chickpea salad	Easy lentil soup Side green salad	Anti-inflammatory latte Cottage cheese and berries Trail mix