

14 Day Eat Real Food Meal Plan

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Chocolate peanut butter shake	B: Very berry chia yogurt	B: Chocolate peanut butter shake	B: Egg muffins	B: Very berry chia yogurt	B: Creamy berry green shake	B: Egg muffins
S: 1 apple and 2 tbsp raw pumpkin seeds	S: 1 salmon patty with 1 small peach	S: 1 whole hard boiled egg and 1 small pear	S: ½ cup 2% Greek yogurt plain with 6 walnuts	S: 1 Ryvita cracker with 2 slices of oven roasted turkey meat with 1 tsp avocado	S: 1 salmon patty with 1/2 cup cubed cantaloupe	S: 1 pear with 2 tbsp of raw pumpkin seeds
L: Tossed chicken salad with ½ cup chickpeas	L: Turkey spinach sandwich with kale and cabbage coleslaw	L: Greek spinach salad with chicken with ½ cup of black beans	L: Quick Turkey chilli over steamed veggies	L: Mexican turkey and black bean salad	L: Thai beef with stir fried vegetables	L: Tuna Nicoise salad with ½ cup chickpeas
S: 2 Ryvita crackers with 1.5 tsp almond butter	S: 2 tbsp hummus with 1 cup raw red pepper	S: 2 Ryvita crackers with 2 slices of oven roasted turkey meat	S: 1 cup sliced cucumber and celery, 10 baby carrots and ½ oz low-fat cheese	S: 1 whole hard-boiled egg and 1 small pear	S: 2 Ryvita crackers with 2 tbsp hummus	S: 1 small apple with 1.5 tsp peanut butter
D: Grilled salmon with Dijon mustard sauce and 1 cup steamed broccoli	D: Greek spinach salad with chicken	D: Quick Turkey chilli	D: Mexican turkey and black bean salad	D: Thai beef with stir-fried vegetables	D: Grilled chicken & green beans	D: Turkey burger with steamed broccoli & cauliflower

Legend:

B: Breakfast S: Snack L: Lunch D: Dinner

14 Day Eat Real Food Meal Plan

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Very berry chia yogurt	B: Oatmeal with fresh fruit	B: Creamy berry green shake	B: Oatmeal with fresh fruit	B: Creamy berry green shake	B: GTGO Gluten Free Pancakes	B: Egg muffins
S: 1 salmon patty with 1 cup cubed cantaloupe	S: 1 whole hard boiled egg and 1 small peach	S: 1 apple and 2 tbsp raw pumpkin seeds	S: 1 red pepper sliced with 2 tbsp GTGO Avocado and Goat Cheese Dip	S: ½ cup 2% plain Greek yogurt	S: 1 salmon patty with 1 small pear	S: ½ cup 2% plain Greek yogurt
L: Turkey burger with 1 cup kale coleslaw	L: Tuna Nicoise salad and ½ cup chickpeas	L: Thai beef with stir-fried vegetables	L: GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles	L: Lemon basil chicken with spinach salad	L: Quick turkey chilli over 1 cup steamed veggies	L: Turkey spinach sandwich with kale and cabbage coleslaw
S: 2 Ryvita crackers with 2 tbsp GTGO Avocado and Goat Cheese Dip	S: 4 stalks celery and 1.5 tsp peanut butter	S: 2 Ryvita crackers with 2 tbsp hummus	S: 1 whole egg and 1 small apple	S: 2 Ryvita crackers with 2 tbsp GTGO Avocado and Goat Cheese Dip	S: 1 whole hard-boiled egg and 1 small pear	S: 2 tbsp hummus with 1 cup raw red pepper
D: Thai beef with stir-fried vegetables	D: GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles	D: Mexican turkey and black bean salad	D: Lemon basil chicken breast with 1 cup steamed broccoli	D: Quick turkey chilli over 1 cup steamed veggies	D: Grilled halibut with cilantro garlic butter and asparagus	D: GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles

Legend:

B: Breakfast S: Snack

L: Lunch

D: Dinner