

A Chakra Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 eggs scrambled with - red Peppers and - Spinach 1 slice Whole wheat toast	- Steel cut oats with - Apple chunks (skins off)	- Mini Whole Wheat Bagel with all Natural - Crunchy Peanut Butter and - Banana slices	- Steel Cut Oats with - Blueberries	2 Eggs cooked in - Avocados	- Steel Cut Oats with - Raisins	2 eggs in a - Whole Wheat Toast
Snack	- Apples and - Peanut/Almond Butter	- Purple Grapes and - Raw Almonds	- Orange and - Blackberries	- Raw Almonds and - Strawberries	- Apples and - Peanut/Almond Butter	- Jicama and - Humus	- Apples and - Peanut Butter
Lunch	- Kale Salad with - Tomato - Dried Cranberry - Sunflower Seed	- Quinoa Salad with - Cucumber and - Tomato	- Watercress Salad with - Pear and - Goat Cheese	- Chicken Salad with - Purple Grapes on - Whole Grain Wrap	- Spinach - Strawberry - Walnut Salad	- Romaine Salad - Hardboiled egg - Avocado - Tomato - Carrot	- Chicken Salad with - Purple Grapes on - Whole Grain Wrap
Snack	- Kale or - Spinach with - Blueberries or - Carrot Shake	- Spinach, - Flax, - Apple Shake	- Kale, - Spinach, - Mixed berry Shake	- Spinach - Avocado - Apple Smoothie	- Collard Greens - Mango or - Purple Grapes - Lime Smoothie	- Kale - Pineapple - Banana Smoothie	- Kale - Carrots - Grapes - Apple
Dinner	- Chicken Fajitas on - Whole Grain Tortilla with - Yellow Peppers and - Onion fresh Tomato Salsa	- Wild Salmon with - Wild Rice and - Broccoli	- Grilled Chicken with - Whole Grain Pasta and Organic - Marinara Sauce	- Vegetable Pizza with - Broccoli, - Peppers, - Onions, - Spinach on - Whole Grain Flatbread	- Grilled Chicken with - Grilled Vegetables, - Brussel Sprouts, - Butternut Squash and - Onions	- Turkey Chili overbaked - Sweet Potatoes	- Rainbow Trout with - Quinoa and - Asparagus