

NAME

ADDRESS

CITY/STATE/ZIP

EMAIL

PHONE #

CC #

EXP. DATE :

CODE:

ZIP:

CIRCLE ONE: PICKUP (OR) DELIVERY

BREAKFAST (Choose One)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Breakfast Smoothie							
Crepes							
Morning Wrap							
Muffin							
Oatmeal w/ Raisin							
Overnight Oats							
Pancakes							
Scrambled Tofu on Bagel							
Simply Breakfast							
Waffle							

JUICE (Choose One)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Celery Juice							
Green Girl							
Green Monster							
Joy Blast							
Purifier							
Spiced Up Citrus							

LUNCH (Choose one)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Avocado Salad							
Avocado Toast							
Black Bean Double Burger							
Buffalo Cauliflower							
Eggless Veggie Omelete							
Falafel Wrap							
Hearty Taco							
Lentil Burger							
Meatball Hero							
Mediterranean Sampler							
Mushroom BLT (Avocado optional)							
Mushroom Cheesesteak Sandwich							
Panini							
Pureganic Hi-Protein Burrito							
Quesadilla							
Quinoa Sandwich							

MID-AFTERNOON SNACK
(CHOOSE ONE SNACK OR SOUP)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Empanadas							
Falafel Balls							
Fresh Veggies w/ Almond Hummus							
Fresh Veggies w/ Guacamole							
Hummus Pack with Za'atar Pita Chips							
Snack Pack (veggies, hummus, seed bread)							
Spring Roll							

(OR)

16 OZ.SOUP (Choose one)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Asparagus (Seasonal)							
Broccoli							
Butternut Squash							
Cabbage							
Carrot & Ginger							
Cauliflower							
Hearty Mixed Veggie							
Immune Boosting Broth							
Lentil							
Pea & Mint (Seasonal)							
Pureed Mixed Veggie							
Tomato Basil							
Zucchini							

DINNER (CHOOSE ONE)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Asian Quinoa Bowl (Veggies, Tofu & Edamame)							
Baked Sweet Potato w/ Lentil & Kale							
Falafel Bowl							
Harvest Bowl							
Kelp Noodles with Mushrooms & Peppers							
Mac & Cheese							
Mushroom Fajita Bowl (Quinoa or Cauliflower)							
Penne w/ Ragu Sauce							
Pesto Penne							
Pizza (Margherita, Veggie or Mushroom Truffle)							
Ramen Bowl							
Spaghetti or Spaghetti Squash & Meatballs							
Super Bowl							
Sushi Bowl							
Taco Bowl							

NIGHTCAP

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Detox Water							
OR							
Charcoal Lemonade							