

— PURE —

Whole-Food & Plant-Based Support

Meal Planner

Transitional

Disclaimer

This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the PURE program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the PURE program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the PURE program.

Weekly Meal Planner

Week One

Weekday	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday	Banana Oat Blender Pancakes	Fresh Strawberries	Roasted Chickpea Salad	Sugar Snap Peas	Spaghetti Squash Turkey Bowls	Chocolate Covered Frozen Banana
Monday	Apple, Blueberry, & Kale Smoothie	Fresh Blueberries	Massaged Kale Salad w/ Hard Boiled Eggs	Jicama Sticks	Chicken Black Bean Tacos	Baked Apple w/ Cinnamon & Walnuts
Tuesday	Vanilla Chia Pudding	Fresh Pear	Beet Salad w/ Pears & Red Onion	Carrot Sticks w. Tzatziki	Pan Seared Halibut w/ White Beans & Gremolata	Popcorn w/ Nooch
Wednesday	Sweet Potato Toast	Fresh Grapes	Arugula Salad w/ Orange & Fennel	Raw Almonds	Baked Salmon w/ Wild Rice	Raspberry Sorbet
Thursday	Strawberry Overnight Oats	Banana Sushi	Spinach Strawberry Jicama Salad	Broccoli & Cherry Tomatoes with Green Goddess Dip	Chicken Brussel Sprouts & Mushroom Stir Fry	Strawberry Nice Cream
Friday	The OG Smoothie	Ants on a Log	Collards w/ Shaved Brussels & Apple Vinaigrette	Fresh Papaya	Garlic Shrimp & Broccoli	Cacao PB Bites
Saturday	Avocado Toast	Raw Walnuts and Cranberries	Black Bean Soup (freeze leftovers)	Kale Chips	Zucchini Noodles w/ Walnut Pesto	Sweet & Salty Popcorn

Weekly Meal Planner

Week Two

Weekday	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday	Blueberry Muffins (freeze leftovers)	Blueberry Cherry Smoothie	Arugula Salad w/ Blueberries & Cherries	Fresh Grapes	Oven Baked Halibut w/ Sweet Potato Fries	Blueberry Cherry Smoothie
Monday	Sunrise Smoothie	Buckwheat Crackers w/ Nut Butter	Broccoli, Apple, & Cranberry Salad	Fresh Orange	Pork Tenderloin w/ Broccoli Apple Cranberry Salad	Pineapple Slushy
Tuesday	Spinach, Peach & Mango Smoothie	Fresh Mango	Green Apple Turkey Pitas	Carrot Sticks	Turkey Stuffed Butternut Squash	Dark Chocolate Dipped Strawberries
Wednesday	Overnight Raspberry Chia Oats	Almond Butter Power Bites (Keep extra in fridge)	Mushroom Soup (freeze leftovers)	Almond Butter Power Bites	Tamari Salmon w/ Mushrooms & Snap Peas	Raspberry Ice
Thursday	Blueberry Muffins (reheat from frozen)	Grapefruit Mint Salad	Black Bean Soup (reheat from frozen)	Ants on a Log	Shrimp & Asparagus Stir Fry	Blueberry Chia Pudding
Friday	Aussie Smoothie	Fresh Kiwi	Roasted Chicken w/ Cauliflower & Kale Salad	Fresh Grapes	Navy Bean & Kale Soup	Coconut Lemon Energy Bites
Saturday	Scrambled Egg Black Bean Breakfast Burrito	Carrot Strawberry Orange Smoothie	Chickpea Collard Wrap	Green Goddess Dip with Broccoli	Baked Zucchini Boats	Sweet & Salty Popcorn

Weekly Meal Planner

Week Three

Weekday	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday	Pumpkin Chia Muffins (Freeze leftovers)	Fresh Pear	Pumpkin Soup	Power Bites	Ground Turkey Tacos	Baked Apple w/ Cinnamon & Walnuts
Monday	Immune Boosting Smoothie	Cacao PB Bites	Mushroom Soup (reheat from frozen)	Fresh Grapefruit	Baked Salmon w/ Veggies	Cacao PB Bites
Tuesday	Hearty Rice Porridge	Buckwheat Crackers w. Cashew Nut Butter	Strawberry Spinach Salad w/ Grilled Chicken	Celery w/ Cashew Nut Butter	Butternut Squash Stew	Strawberry Sorbet
Wednesday	Avocado Toast	Fresh Apple	Kale Caesar Salad	Fresh Pear	Thai Zucchini Noodles	Golden Milk Latte
Thursday	Pumpkin Chia Muffins (reheat from leftovers)	Fresh Plum	Chard Wrap w/ White Bean Hummus & Turkey	Raw Walnuts & Cranberries	Quinoa & Chard Stuffed Sweet Potatoes	Baked Plum Crumble
Friday	Pineapple, Kiwi Delight	Watermelon and Mint Salad w/ Mint Dressing	Broccoli & Beet Salad	PB Cookie Dough Bites	Artichoke Farrotto w/ Seared Scallops	Watermelon Granita
Saturday	Banana Oat Blender Pancakes	Blueberry Lemon Cooler	Veggie Nachos	Blueberry Muffins (reheat from leftovers)	Spinach Pesto Pasta w/ Grilled Chicken	Cacao PB Bites

Weekly Meal Planner

Week Four

Weekday	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday	Flax Waffles w/ Blackberry Compote	Green Berry Smoothie	Quinoa Bowl w/ Snow Peas & Carrots	Snow Peas w/ Green Goddess Dip	Farm Stand Stew w/ Grilled Shrimp	Kettle Corn
Monday	Sunshine Daydream Smoothie	Pumpkin Muffins (reheat from leftovers)	Turkey & Hummus Wrap	Cacao PB Bites	Warm Wild Rice & Mushroom Salad	Yogurt Covered Mango
Tuesday	Avocado Toast w/ Eggs	Fresh Pear	Chard Artichoke Quesadilla	Roasted Spiced Cashews	Salmon w/ Lentils	Peach Granita
Wednesday	Avo-Choco Smoothie	Fresh Kiwi	Strawberry Romaine Salad	Almond Stuffed Dates	Mediterranean Tabbouleh Salad w/ Grilled Chicken	Chai Spiced Latte
Thursday	The Go-To Smoothie	Blueberry Muffin (reheat from leftovers)	Brown Rice and Collards Bowl	Ants on a Log	Roasted Cauliflower & Honey Mustard Arctic Char served w/ Brown Rice and Collards	Vanilla Chai Pudding
Friday	Carrot Cake Overnight Oats	Buckwheat Crackers w/ PB	Massaged Kale Salad w/ Cranberries & Pine Nuts	Carrot Sticks w/ Tzatziki	Israeli Couscous Shrimp Primavera	Golden Milk Latte
Saturday	Black Bean Sweet Potato Hash w/ Eggs	Orange Razzmatazz	Lentil Soup (reheat from frozen)	Fresh Orange Segments	Sweet Potato Lettuce Cups	Dark Chocolate Covered Raspberries