

FIVE DAY MEAL PLAN

MONDAY

Green smoothie



Zucchini noodle bowl with tahini dressing



Chickpea Pasta



TUESDAY

Smoothie bowl with alkaline fruits



Roasted butternut squash bowl



Chickpea salad wrap



WEDNESDAY

Belgian waffles



Fruit salad



Zucchini noodle bowl with tahini dressing



THURSDAY

Melon smoothie



Earth salad with quinoa



Roasted butternut squash bowl



FRIDAY

Brownie pancakes



Fresh salad



Portobello burger with rye bread



IVY LEAGUE

F I T N E S S





Aklaline Meal Planner

Week of: New Beginnings

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST - SMOOTHIE: <ul style="list-style-type: none"> LEAFY GREENS, WATERMELON, STRAWBERRIES, MANGO, AVOCADO, HEMP SEEDS, COCONUT WATER 	BREAKFAST - SMOOTHIE BOWL: <ul style="list-style-type: none"> HONEY DEW MELON, WATERMELON, BANANAS, DATES, WALNUTS, AGAVE 	BREAKFAST - WAFFLES: <ul style="list-style-type: none"> SPELT FLOUR, COCONUT MILK, STRAWBERRY DATE SAUCE, BANANA, RASPBERRIES, AGAVE
LUNCH - FRESH GARDEN SALAD: <ul style="list-style-type: none"> ROMAINE LETTUCE, ARUGULA, CHERRY TOMATOES, BELL PEPPERS, RED ONIONS, RASBERRIES, WALNUTS, GINGER SEASAME DRESSING 	LUNCH - SQUASH BOWL: <ul style="list-style-type: none"> ROASTED BUTTERNUT SQUASH, QUIONA, KALE & SAUTEED BELL PEPPERS, RED ONIONS, CHERRY TOMATOES, DATES 	LUNCH - FRESH FRUIT SALAD <ul style="list-style-type: none"> ROMAINE, STRAWBERRIES, QUIONA, WATERMELON, WALNUTS, AGAVE
DINNER - CHICKPEA PASTA: <ul style="list-style-type: none"> CHICKPEA PASTA, ALKALINE CHEESE SAUCE, FRESH HERBS, GINGER, SEA SALT, RED ONIONS 	DINNER - SALAD WRAP: <ul style="list-style-type: none"> COCONUT WRAP, CHICKPEAS, WILD RICE, BELL PEPPERS, CHERRY TOMATOES, GUACAMOLE, DATE SAUCE 	DINNER - ZUCCHINI BOWL: <ul style="list-style-type: none"> ZUCCHINI NOODLES, SHREDDED LETTUCE & SAUTEED SQUASH, BELL PEPPERS, RED ONIONS, CHERRY TOMATOES, PUMPKIN SEEDS, DATES
SNACK - ALKALINE FRUIT <ul style="list-style-type: none"> HONEYDEW MELON, CANTELOUPE 	SNACK - ALKALINE NUTS: <ul style="list-style-type: none"> WALNUTS, PECANS, BRAZIL NUTS, PUMPKIN SEEDS 	SNACK - DRIED SEAWEEED <ul style="list-style-type: none"> KELP

THURSDAY	FRIDAY	MEAL SCHEDULE
BREAKFAST - BROWNIE PANCAKES <ul style="list-style-type: none"> SPELT FLOUR, COCONUT WATER, CACAO, SEASALT, AVOCADO OIL, AGAVE, RASPBERRIES, BLUEBERRIES 	BREAKFAST - SMOOTHIE: <ul style="list-style-type: none"> CANTALOUPE, BANANA, BLUE BERRIES, KEY LIME, DATES, HONEY, SEAMOSS, GINGER, COCONUT WATER 	BREAKFAST: EAT ATFER 12PM NOON
LUNCH - EARTH SALAD <ul style="list-style-type: none"> ROMAINE, ARUGULA, QUIONA, CHERRY TOMATOES, PINEAPPLES, WALNUTS, AGAVE 	LUNCH - ZUCCHINI BOWL <ul style="list-style-type: none"> ZUCCHINI NOODLES & SAUTEED BELL PEPPERS, RED ONIONS, CHERRY TOMATOES, WALNUTS, DATES 	LUNCH: EAT BEFORE 3PM
DINNER - SQUASH BOWL: <ul style="list-style-type: none"> ROASTED SQUASH & SAUTEED PORTEBELLO MUSHROOMS, CHERRY TOMATOES, RED ONIONS, BELL PEPPERS, WALNUTS, DATES 	DINNER - MUSHROOM BURGER <ul style="list-style-type: none"> PORTEBELLO MUSHROOMS, RYE BREAD, ARUGULA, CHERRY TOMATOES, CUCUMBERS, HEMPSEEDS RANCH DRESSING 	DINNER: EAT AROUND 6PM
SNACK - ALKALINE SEEDS <ul style="list-style-type: none"> HEMP SEEDS, SEASAME SEEDS, PUMPKIN SEEDS 	SNACK - ALKALINE DRIED FRUIT <ul style="list-style-type: none"> DRIED MANGOES, DRIED PINEAPPLES, DATES 	SNACK: HAVE SNACK PRIOR TO 7:30PM

Reminders
DRINK ATLEAST 64 OZ OF SPRING WATER EVERY DAY
TRACK YOUR MACROS (CARBS, FAT, PROTEIN)
NO CARBONATED BEVERAGES, NO FRIED FOODS, NO ANIMAL PRODUCTS, NO WHEAT
NO IODIZED SALT, NO REFINED SUGARS, NO CANNED OR SEEDLESS FRUITS, NO STARCH

GROCERY SHOPPING LIST:

- LEAFY GREENS (ROMAINE, ARUGULA, KALE)
- BUTTERNUT SQUASH
- ZUCCHINI NOODLES
- VEGETABLES (E.G. CUCUMBER, BELL PEPPER, RED ONIONS, CHERRY TOMATOES)
- FRUITS (E.G. BLUEBERRIES, STRAWBERRIES, RASPBERRIES, WATERMELON, CANTALOUPE, HONEYDEW MELON, BANANA, MANGOES, PINEAPPLES, KEY LIMES)
- PORTEBELLO MUSHROOMS
- AVOCADO
- QUIONA
- CHICKPEAS
- CHICKPEA PASTA
- MEDJOOOL DATES
- COCONUT WATER
- NUTS & SEEDS (WALNUTS, HEMPSEEDS, PUMPKIN SEEDS)
- PROTEIN POWDER
- COCONUT WRAP
- RYE BREAD
- SPELT FLOUR
- AVOCADO OIL & EXTRA VIRGIN OLIVE OIL
- AGAVE & HONEY
- CACAO
- SEASONINGS (SEASALT, BASIL, GINGER, ONION POWDER, DILL, OREGANO)
- SEAMOSS