

# THE HORMONE RESET

## Meal Plan - Week 1

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Egg & Veggie Scramble	Egg & Veggie Scramble	Smoothie or Smoothie Bowl	Smoothie or Smoothie Bowl	Grain-Free Granola	Grain-Free Granola	Protein Pancakes
M2	Soup + Salad	Leftover Chicken Avocado Burger + Salad	Soup + Salad	Leftover Mediterranean Chicken Kabobs + Sauteed Veg	Leftover Pan-Seared Cod in White Wine Tomato Sauce + Salad	Soup + Salad	Soup + Salad
M3	Smoothie or Smoothie Bowl	Smoothie or Smoothie Bowl	Blueberry Crunch	Blueberry Crunch	Smoothie or Smoothie Bowl	Smoothie or Smoothie Bowl	Blueberry Crunch
M4	Chicken Avocado Burger + Sauteed Veg	Fish In Foil	Mediterranean Chicken Kabobs + Sauteed Veg	Pan-Seared Cod in White Wine Tomato Sauce + Salad	Gluten-Free, Pizza	Chicken Avocado Burger + Sauteed Veg	Chunky Turkey Bean Stew + Salad

NOTE: Start each day upon rising and before M1 with the ACV Elixir + a mug of purified lukewarm water (not scalding hot), and the juice from 1/2 lemon.

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## MEAL PLAN - WEEK 2

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Egg & Veggie Scramble	Egg & Veggie Scramble	Grain-Free Granola	Grain-Free Granola	Smoothie or Smoothie Bowl	Smoothie or Smoothie Bowl	Egg & Veggie Scramble
M2	Chunky Turkey Bean Stew + Salad	Leftover Skinny Shrimp Scampi	Leftover Burrito Bowl	Leftover Tray Dinner	Leftover Baked Salsa & Goat Cheese Chicken + Salad	Grain-Free Nourish Bowl	Grain-Free Nourish Bowl
M3	Grain-Free Granola	Grain-Free Granola	Smoothie or Smoothie Bowl	Smoothie or Smoothie Bowl	Blueberry Crunch	Smoothie or Smoothie Bowl	Smoothie or Smoothie Bowl
M4	Skinny Shrimp Scampi	Burrito Bowl	Tray Dinner	Baked Salsa & Goat Cheese Chicken + Sweet Potato Fries	Enjoy A Lean, Clean & Green Dinner w/ Family & Friends	Lentil Burger + Salad	Tray Dinner

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## MEAL PLAN - WEEK 3

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Protein Pancakes	Smoothie or Smoothie Bowl	Egg & Veggie Scramble	Egg & Veggie Scramble	Smoothie or Smoothie Bowl	Pumpkin Pancakes	Egg & Veggie Scramble + Slice Gluten-Free Toast
M2	Mason Jar Salad	Leftover Sweet Potato Ground Turkey Chili	Leftover Burrito Bowl	Kale Caesar Salad + 4oz Protein	Soup + Salad	Soup + Salad	Leftover Chicken Avocado Burger + Rice + Veg
M3	Smoothie or Smoothie Bowl	Mason Jar Salad	Smoothie or Smoothie Bowl	Smoothie or Smoothie Bowl	Avocado Chicken Salad	Avocado Chicken Salad	Kale Caesar Salad + 4oz Protein
M4	Sweet Potato Ground Turkey Chili	Burrito Bowl	Tray Dinner	Simple Salmon Bake	Treat Meal	Chicken Avocado Burger + Stir Fried Cauliflower Rice + Sautéed Veg	Pecan Salmon + Yam + Veggies

NOTE: Start each day upon rising and before M1 with the ACV Elixir + a mug of purified lukewarm water (not scalding hot), and the juice from 1/2 lemon.

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## MEAL PLAN - WEEK 4

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Grain-Free Granola	Grain-Free Granola	Bacon & Egg Cups	Bacon & Egg Cups	Pumpkin Spice Waffles	Pumpkin Spice Waffles	Egg & Veggie Scramble
M2	Leftover Pecan Salmon + Yam + Veggies	Leftover Spiced Sweet Potato Stew	Leftover Burrito Bowl	Lettuce Wraps	Lettuce Wraps	Kale, Apple & Almond Salad + 4oz Protein	Kale, Apple & Almond Salad + 4oz Protein
M3	Turkey Power Snack Balls + Veggies	Turkey Power Snack Balls + Veggies	Shrimp Greek Salad	Shrimp Greek Salad	Smoothie or Smoothie Bowl	Turkey Power Snack Balls + Veggies	Smoothie or Smoothie Bowl
M4	Spiced Sweet Potato Stew	Burrito Bowl	Fish In Foil	Butter Chicken + Veggies	Gluten-Free Pizza	Soup + Salad	Treat Meal

NOTE: Start each day upon rising and before M1 with the ACV Elixir + a mug of purified lukewarm water (not scalding hot), and the juice from 1/2 lemon.