

TOTAL BODY HEALING MEAL PLAN

BREAKFAST

MON	TUE	WED	THU	FRI
Blueberry Pie Smoothie	Brownie Batter Oats	Blueberry Pie Smoothie	Brownie Batter Oats	Blueberry Pie Smoothie

LUNCH

MON	TUE	WED	THU	FRI
Vanilla Parsnip Soup	Turmeric Quinoa Power Bowl	Vanilla Parsnip Soup	Turmeric Quinoa Power Bowl	Vanilla Parsnip Soup

DINNER

MON	TUE	WED	THU	FRI
Superfood Salmon Bake	Roasted Veggie Quinoa Bake	Pesto Pasta Bake	Superfood Salmon Bake	Roasted Veggie Quinoa Bake

REMEMBER TO EAT ACCORDING TO YOUR GOALS.