

Erica Peirson, ND

bringing health into harmony with nature

7 Day Sample Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1	Protein Shake	½ c. blueberries Green tea unsweetened	Protein Shake Small green salad with oil and vinegar dressing	Steamed broccoli	4-6 oz of baked salmon with steamed spinach drizzled in olive oil.	Raw carrots and celery
Day 2	Protein Shake and ½ grapefruit	½ c. cucumber ½ c. raw baby carrots	Protein Shake Steamed broccoli with garlic, lemon	Small raw spinach salad w/ cauliflower. Season w/ olive oil lemon and garlic	4-6 oz. kale frittata Decaf green tea	½ c. raw green beans
Day 3	Protein Shake	½ c. cantaloupe Chamomile tea	Protein Shake Stir fried vegetables with olive oil	Raw snow peas	4-6 oz poached chicken Roasted collard greens	½ c. raw carrots Peppermint tea
Day 4	Protein Shake	½ c. chopped papaya Ginger tea	Protein Shake Small green salad with oil and vinegar dressing	Steamed collard greens drizzled with olive oil and vinegar	4-6 oz. roasted turkey Green veggies and olive oil dressing	Celery sticks
Day 5	Protein Shake	Small apple Licorice tea	Protein Shake Steamed broccoli	Roasted carrot and kale salad	4-6 oz fish with sautéed spinach and mashed cauliflower	Decaf spice tea latte made with rice milk
Day 6	Protein Shake	1 c. raw broccoli	Protein Shake Sautéed green beans	Steamed spinach with garlic and lemon	4-6 oz. salmon with kale or chard	½ c. raw carrots
Day 7	Protein Shake	½ c. raspberries Green tea	Protein Shake Stir fried mixed vegetables with olive oil	Bok choy salad	4-6 oz. baked rosemary chicken with sautéed garlic, carrots, broccoli	Cucumber salad