



Nurtured Well Reset

a 3 day meal plan

DAY 1

Breakfast- Overnight oats made with fresh fruit & oat milk
Snack- Sliced apple with almond butter
Lunch- Salad with Grilled chicken and choice of toppings
Snack- Cucumber slices with humus
Dinner- Stuffed Zucchini made with ground turkey, peppers, and mushrooms

DAY 2

Breakfast- Eggs & Multigrain toast with almond butter
Snack- Blueberry Smoothie
Lunch- Left over Stuffed Zucchini
Snack- Strawberry Avocado Toast
Dinner- Salmon with quinoa & sauteed veggies

DAY 3

Breakfast- Acai Bowl with dairy free yogurt, granola & choice of fruit
Snack- Mixed fruit
Lunch- Salad with salmon & choice of toppings
Snack- Apple slices with almond butter
Dinner- Curried Tofu, Lentils, & sauteed veggies

GROCERY LIST

Chicken	Assorted potatoes
Salmon	Sweet potatoes
Olive/Avocado Oil	Asparagus
Oats	Broccoli
Chia seeds	Brussel Sprouts
Strawberries	Onions
Blueberries	Lentils
Kiwi	Tofu
Avocado	Green Tea
Humus	Chamomile Tea
Zucchini	Detox Tea
Peppers	Lemons
Ground Turkey	Apples
Mushrooms	Oranges
Balsamic Vinaigrette	Pineapple
Multigrain bread	Dairy free yogurt
Unsweetened Oat Milk	Granola
Quinoa	

NOTES

Morning - Lemon water Detox Tea
Afternoon - Lemon Water & Green Tea
Evening - Water & Chamomile Tea
(The goal is to drink 100oz total every day!)

NO alcohol, dairy, or coffee
OPT for Organic