



TOTAL ELIMINATION DIET MEAL PLAN



DAY 1

B: BERRY-COCONUT SMOOTHIE
S: ONE PEAR, LARGE
L: WHITE BEAN AND VEGGIE SALAD
S: ONE APPLE, MEDIUM, TWO TABLESPOONS PUMPKIN SEEDS
D: SPICED GRILLED CHICKEN WITH CAULIFLOWER RICE
TABBOULEH, CUCUMBER AND AVOCADO SALAD

DAY 2

B: BERRY-COCONUT SMOOTHIE
S: PUMPKIN SEEDS (QUARTER CUP)
L: MEAL-PREP VEGAN MOROCCAN LETTUCE WRAPS
S: DELI TURKEY
D: ROASTED VEGETABLE AND BLACK BEAN TACOS, CUCUMBER AND AVOCADO SALAD

DAY 3

B: OLD-FASHIONED OATMEAL, BLUEBERRIES (QUARTER CUP), PUMPKIN SEEDS, TWO TABLESPOONS
S: ONE BANANA, MEDIUM
L: MEAL-PREP VEGAN MOROCCAN LETTUCE WRAPS
S: ONE APPLE, MEDIUM, SUNFLOWER BUTTER, TWO TABLESPOONS
D: BRAISED CHICKEN THIGHS WITH ORANGE, OLIVE, AND FENNEL, COOKED QUINOA, HALF CUP

DAY 4

B: OLD-FASHIONED OATMEAL, BLUEBERRIES, 1/4 CUP, PUMPKIN SEEDS, TWO TABLESPOONS
S: ONE PEAR, LARGE
L: MEAL-PREP VEGAN MOROCCAN LETTUCE WRAPS
S: PUMPKIN SEEDS, A QUARTER CUP
D: CHICKEN AND QUINOA BUDDHA BOWL

DAY 5

B: BERRY-COCONUT SMOOTHIE
S: ONE APPLE, MEDIUM, PUMPKIN SEEDS, A QUARTER CUP
L: MEAL-PREP VEGAN MOROCCAN LETTUCE WRAPS
S: DELI TURKEY
D: MEDITERRANEAN CABBAGE SOUP, GUACAMOLE CHOPPED SALAD

DAY 6

B: BERRY-COCONUT SMOOTHIE
S: ONE APPLE, MEDIUM, QUARTER CUP PUMPKIN SEEDS
L: MEDITERRANEAN CABBAGE SOUP, ONE BANANA, MEDIUM
S: ONE PEAR, LARGE
D: GRILLED CHICKEN TACO SALAD

DAY 7

B: OLD-FASHIONED OATMEAL, BLUEBERRIES, A QUARTER CUP, PUMPKIN SEEDS, TWO TABLESPOONS
S: ONE BANANA, MEDIUM, SUNFLOWER BUTTER, TWO TABLESPOONS
L: MEDITERRANEAN CABBAGE SOUP, ONE BANANA, MEDIUM
S: ONE PEAR, LARGE
D: SHEET PAN STEAK FAJITAS