



60-Day Meal Plan



Day	Breakfast	Lunch	Dinner	Snack
1	Mixed berries Chia Seed Pudding	Kohlrabi, cucumber & carrot coleslaw	Classic Lamb Roast	Mint Berry Fusion Smoothie
2	Quinoa Mixed Veggie Breakfast Bowl	Savory Vegetable Casserole	Spinach Mushroom Lasagna with ricotta cheese	Cinnamon & Ginger Infused Water
3	Spinach Mushroom Frittata with parmesan cheese	Anti-inflammatory Meatballs	Shredded Chicken Salad with Tangerine	Paprika Roasted Cauliflower
4	Blueberry-infused Greek yogurt Parfait	Nutmeggie Lasagna	Black beans & sweet potato tacos	Turmeric & Fennel seed Tea
5	Apple Cinnamon Oatmeal with mixed nuts	Black Bean Zucchini and Corn Salad	Chicken Wrap with Yogurt Sauce	Basil Cherry Refresher

6	Healthy Avocado Toast	Whole wheat broccoli spaghetti salad with Herbed Salmon	Black bean and lime-infused corn salad	Roasted brussels sprouts and pecans salad
7	Hard Boiled eggs with Turmeric milk	Basil broccoli pasta salad	Spicy Shrimp Coconut Milk Curry	Roasted Bok choy with garlic
8	White choc blueberry baked oatmeal	Kohlrabi, cucumber & carrot coleslaw	Broccoli & Cheddar Soup	Ginger and Mint infused Green Tea
9	Cinnamon-infused French toast	Stir Fry Garlic Broccoli Rice	Vegan Detox Spring Rolls	Ginger & Turmeric Carrot soup
10	Peanut butter Toast with Berries	Turmeric-infused chicken and Yam Gratin	Grilled salmon & lime-roasted vegetable skewers	Grilled salmon and Cucumber Tortilla wrap

11	Blueberry Coconut Smoothie Bowl	Raw kale with edamame beans and carrot salad	Grilled chicken with roasted green beans & sweet potatoes	Mixed Greens Avocado Salad
12	Pineapple & granola yogurt parfait bowl	Egg-fried rice with stir fry broccoli & carrot	Shredded Chicken Salad with Tangerine	Chickpea Lettuce Salad Jar
13	Dairy-Free Almond & Raspberry Smoothie	Low-sodium white bean soup with carrot & celery	Green Kale salad with cranberries and avocado	Chia seed pudding with pomegranate seeds
14	Spinach Mushroom Frittata with parmesan cheese	Cashew Hummus and Veggie Sandwich	Spinach Mushroom Frittata with parmesan cheese	Turmeric Cauliflower & Quinoa Salad
15	Hard Boiled eggs with Turmeric milk	Black bean and lime-infused corn salad	Chicken Veggie Pita Pockets	Mixed Berry Spinach Salad with walnuts

16	Mixed berries White Bean Smoothie	Red cabbage, Carrot & Cucumber Coleslaw	Classic Lamb Roast	Smoked Paprika Sweet potato fries
17	Mango & Pineapple Yogurt Parfait	Three Bean salad	Spinach Mushroom Lasagna with ricotta cheese	Kiwi & Mango Greek Yogurt Parfait
18	Eggs in Purgatory	Raw Broccoli & Peanut Salad	Turkey and rolled oats meatballs	Mango and blueberry smoothie bowl with mixed nuts
19	Crunchy Peachy yogurt parfait	Raw Lettuce & Peach Salad	Black beans & sweet potato tacos	Tropical Spinach Fusion Smoothie
20	Apple Cinnamon pudding with Almonds topping	Creamy Avocado Pesto Pasta	Chicken Wrap with Yogurt Sauce	Mixed Rainbow fruit skewers

21	Oatmeal zucchini pancakes	Quinoa Royale	Whole-Wheat Spaghetti	Green Kiwi & Pear Smoothie
22	Millet porridge with roasted flax seeds & blueberries	Kohlrabi, cucumber & carrot coleslaw	Spicy Shrimp Coconut Milk Curry	Mixed berries and Peach skewers with dark chocolate drizzle
23	Blueberry Coconut Smoothie Bowl	Savory Vegetable Casserole	Broccoli & Cheddar Soup	Cherries & avocado mousse
24	Egg-fried rice with stir fry broccoli & carrot	Anti-inflammatory Meatballs	Vegan Detox Spring Rolls	Strawberry creamed cottage cheese mousse
25	Blueberry Coconut Smoothie Bowl	Nutmeggie Lasagna	Grilled salmon & lime-roasted vegetable skewers	Kiwi & Banana Greek yogurt parfait

26	Cashew Cream Cheese Spread with Garlic Bread Toast	Black Bean Zucchini and Corn Salad	Grilled chicken with roasted green beans & sweet potatoes	Mango & blackberry Greek yogurt parfait
27	Overnight oatmeal and Chia Chocolate pudding Cashew Yogurt Raspberry parfait	Whole wheat broccoli spaghetti salad with Herbed Salmon	Shredded Chicken Salad with Tangerine	Zucchini & Beet Brownies
28	Cinnamon-infused French toast	Basil broccoli pasta salad	Green Kale salad with cranberries and avocado	Sweet potato brownies with crushed almonds
29	Dairy-free blueberry banana Smoothie	Kohlrabi, cucumber & carrot coleslaw	Spinach Mushroom Frittata with parmesan cheese	Almond & coconut energy balls
30	Mixed berries White Bean Smoothie	Stir Fry Garlic Broccoli Rice	Chicken Veggie Pita Pockets	Dairy-Free Almond & Raspberry Smoothie

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31	Cashew Cream Cheese Spread with Garlic Bread Toast	Black Bean Zucchini and Corn Salad	Grilled chicken with roasted green beans & sweet potatoes	Mango & blackberry Greek yogurt parfait
32	Overnight oatmeal and Chia Chocolate pudding	Whole wheat broccoli spaghetti salad with Herbed Salmon	Shredded Chicken Salad with Tangerine	Zucchini & Beet Brownies
33	Cinnamon-infused French toast	Basil broccoli pasta salad	Green Kale salad with cranberries and avocado	Sweet potato brownies with crushed almonds
34	Dairy-free blueberry banana Smoothie	Kohlrabi, cucumber & carrot coleslaw	Spinach Mushroom Frittata with parmesan cheese	Almond & coconut energy balls
35	Mixed berries White Bean Smoothie	Stir Fry Garlic Broccoli Rice	Chicken Veggie Pita Pockets	Dairy-Free Almond & Raspberry Smoothie

36	Oatmeal zucchini pancakes	Quinoa Royale	Whole-Wheat Spaghetti	Green Kiwi & Pear Smoothie
37	Millet porridge with roasted flax seeds & blueberries	Kohlrabi, cucumber & carrot coleslaw	Spicy Shrimp Coconut Milk Curry	Mixed berries and Peach skewers with dark chocolate drizzle
38	Blueberry Coconut Smoothie Bowl	Savory Vegetable Casserole	Broccoli & Cheddar Soup	Cherries & avocado mousse
39	Egg-fried rice with stir fry broccoli & carrot	Anti-inflammatory Meatballs	Vegan Detox Spring Rolls	Strawberry creamed cottage cheese mousse
40	Dairy-Free Almond & Raspberry Smoothie	Nutmeggie Lasagna	Grilled salmon & lime-roasted vegetable skewers	Kiwi & Banana Greek yogurt parfait

41	Hard Boiled eggs with Turmeric milk	Red cabbage, Carrot & Cucumber Coleslaw	Classic Lamb Roast	Smoked Paprika Sweet potato fries
42	Mixed berries White Bean Smoothie	Anti-inflammatory Meatballs	Spinach Mushroom Lasagna with ricotta cheese	Kiwi & Mango Greek Yogurt Parfait
43	Mango & Pineapple Yogurt Parfait	Raw Broccoli & Peanut Salad	Turkey and rolled oats meatballs	Mango and blueberry smoothie bowl with mixed nuts
44	Eggs in Purgatory	Raw Lettuce & Peach Salad	Black beans & sweet potato tacos	Tropical Spinach Fusion Smoothie
45	Crunchy Peachy yogurt parfait	Creamy Avocado Pesto Pasta	Chicken Wrap with Yogurt Sauce	Mixed Rainbow fruit skewers

46	Apple Cinnamon pudding with Almonds topping	Raw kale with edamame beans and carrot salad	Grilled chicken with roasted green beans & sweet potatoes	Mixed Greens Avocado Salad
47	Blueberry Coconut Smoothie Bowl	Egg-fried rice with stir fry broccoli & carrot	Shredded Chicken Salad with Tangerine	Chickpea Lettuce Salad Jar
48	Pineapple & granola yogurt parfait bowl	Low-sodium white bean soup with carrot & celery	Green Kale salad with cranberries and avocado	Chia seed pudding with pomegranate seeds
49	Dairy-Free Almond & Raspberry Smoothie	Cashew Hummus and Veggie Sandwich	Spinach Mushroom Frittata with parmesan cheese	Turmeric Cauliflower & Quinoa Salad
50	Spinach Mushroom Frittata with parmesan cheese	Black bean and lime-infused corn salad	Chicken Veggie Pita Pockets	Mixed Berry Spinach Salad with walnuts

51	Cashew Yogurt Raspberry parfait	Whole wheat broccoli spaghetti salad with Herbed Salmon	Black bean and lime-infused corn salad	Roasted brussels sprouts and pecans salad
52	Healthy Avocado Toast	Basil broccoli pasta salad	Spicy Shrimp Coconut Milk Curry	Roasted Bok choy with garlic
53	Blueberry-infused Greek yogurt Parfait	Kohlrabi, cucumber & carrot coleslaw	Broccoli & Cheddar Soup	Ginger and Mint infused Green Tea
54	White choc blueberry baked oatmeal	Stir Fry Garlic Broccoli Rice	Vegan Detox Spring Rolls	Ginger & Turmeric Carrot soup
55	Cinnamon-infused French toast	Turmeric-infused chicken and Yam Gratin	Grilled salmon & lime-roasted vegetable skewers	Dairy-Free Almond & Raspberry Smoothie

56	Peanut butter Toast with Berries	Kohlrabi, cucumber & carrot coleslaw	Classic Lamb Roast	Mint Berry Fusion Smoothie
57	Mixed berries Chia Seed Pudding	Savory Vegetable Casserole	Spinach Mushroom Lasagna with ricotta cheese	Cinnamon & Ginger Infused Water
58	Quinoa Mixed Veggie Breakfast Bowl	Anti- inflammatory Meatballs	Shredded Chicken Salad with Tangerine	Paprika Roasted Cauliflower
59	Spinach Mushroom Frittata with parmesan cheese	Nutmeggie Lasagna	Black beans & sweet potato tacos	Turmeric & Fennel seed Tea
60	Blueberry- infused Greek yogurt Parfait	Black Bean Zucchini and Corn Salad	Chicken Wrap with Yogurt Sauce	Basil Cherry Refresher