

Eats & Asana 7 Day Meal Plan – Week 1




SELINA ROSE

	Day 1	Day 2	Day 3	Day 4
Breakfast	Lemon Water 2 Hard boiled eggs with veggie sticks and hummus.	Lemon Water Power Berry Smoothie with 1 tsp. ground flax seeds. + 10 roasted almonds.	Lemon Water English muffin with tomato, egg and avocado.	Lemon Water Green Tart Smoothie with 1 scoop protein powder of your choice.
Snack	Trail Mix with Brazil nuts . (raw, unsalted nuts. Avoid peanuts).	Herbal tea Spicy chickpea snack (see recipe)	Chia seed pudding with added almonds and pecans. Use fruit of your choice (recipe)	Raw vegetables with Green Pea Guacamole
Lunch	Boston lettuce wraps with chicken, mustard, cucumber and tomato (free to include other vegetables).	Raw wrap with hummus, avocado, tomato, cucumber, mixed greens, bell peppers, and hemp seeds. + chicken or tuna. Try the raw green wraps by Live Organic Raw at Be Greater Organics.	Can of light tuna (packed in water) mixed with hummus, mustard, & black pepper on a mixed greens salad with sprouts. Eat with gluten free crackers.	Vegetarian chili (leftover) + mixed greens salad with olive oil and apple cider vinegar dressing
Snack	Fresh berries with pumpkin and sunflower seeds in 1 Cup non-dairy milk of choice.	Green Tea 1 egg muffin cup + carrots with 2 tbsp. hummus.	Green Tea 2 energy bites	Fruit salad with orange, grapefruit, strawberries, hemp seeds and cinnamon.
Dinner	Broiled salmon (wild) with Tahini Dressing. Serve with steamed green beans and carrots. (Dress vegetables with olive oil and lemon juice after cooked).	Mixed vegetable stir fry with bell peppers, zucchini, mushrooms, broccoli, carrots, and beef/turkey strips. Toss with millet, or brown rice and season with soya sauce or pesto.	Vegetarian chili (recipe) + mixed greens salad + 1pc sprouted grain bread (if desired)	Baked/grilled chicken thigh with roasted Brussels sprouts and mixed greens salad.
Liquids	Green Tea, Herbal Tea, Filtered Water, Lemon Water, Coconut Water, Kombucha.			

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SELINA ROSE

	Day 5	Day 6	Day 7
Breakfast	Lemon Water 2 egg omelet with bell peppers, zucchini and onion + 1 pc sprouted grain bread.	Lemon Water Power Berry Smoothie with 1 tsp. ground flax seeds. + 10 roasted almonds.	Lemon Water Steel cut oats with almonds, pecans, fresh berries and flax seeds.
Snack	Plain Greek yogurt with fresh berries, cinnamon, hemp seeds and ground flax seeds.	Apple slices with almond butter	Almond butter and banana smoothie with almond milk and brown rice protein powder.
Lunch	Quinoa salad with lentils, cucumber, tomato, peppers, and ½ avocado. Dressed with flax oil, salt, pepper and oregano.	Moroccan Chicken with Lentils (leftover)	Quinoa salad with lentils, cucumber, tomato and ½ avocado. Dressed with flax oil, salt, pepper and oregano.
Snack	Green Tea Celery sticks with almond butter	White Bean Spread with whole grain crackers/ celery/cucumber for dipping.	Green Tea Kale chips (see recipe)
Dinner	Moroccan Chicken with Lentils (see recipe)	<p>Dinner out tips: Choose salads with protein and oil-based dressing. Or lean protein with vegetables.</p>  <p>Avoid: fried foods, refined carbohydrates. Watch for added sugar or gluten in sauces.</p>	<p>Vegetable/Beef/Turkey Burger served with a mixed greens salad.</p> <p>-Try adding alfalfa sprouts to your burger.</p> <p>-Always eat heavier meat meals with something fresh and raw.</p>
Liquids	Herbal Tea, Filtered Water, Lemon Water, Coconut water, Kombucha.		

Key Ingredients:

- Nuts and seeds
- Eggs
- Avocados
- Berries
- Sprouts

Herbal Teas:

- Green Tea (caffeine)
- Peppermint Tea
- Licorice Root Tea

Cooking Tips:

- Use only coconut oil or ghee (clarified butter) for cooking
- Oils for dressings (do not heat): XV Olive oil, flax seed oil
- For easier digestion lightly steam vegetables rather than having them completely raw. Steaming for 5 minutes (so they're still crisp) will ensure digestibility and keep nutrients intact.

Eats & Asana 7 Day Meal Plan – Week 2



SELINA ROSE

	Day 1	Day 2	Day 3	Day 4
Breakfast	Lemon Water ½ cup oatmeal cooked made w water/almond milk. + ¾ cup fresh berries + 2 tbsp. almond butter + 1 tsp coconut oil + 1 tbsp. hemp hearts + 1 tsp. ground flax seeds + ¼ cup pecans + ¼ tsp. cinnamon (optional) 1 apple	Lemon Water Power Berry Smoothie with ground flax seeds (see recipe). + handful of mixed nuts (1/4 cup)	Lemon Water Sweet potato protein pancakes topped with almond butter and fresh berries. (see recipe)	Lemon Water Sweet potato protein pancakes topped with almond butter and fresh berries. (leftover)
Snack	Herbal tea 2 energy bites	Herbal tea 1 cup spicy chickpea snack	Almond butter and banana smoothie with almond milk and brown rice protein powder.	Apple slices with almond butter
Lunch	1 cup Millet & Lentil Mediterranean salad + mixed greens salad with OO dressing.	3 cups *lightly steamed veggies + tuna bean dip 1 slice sprouted grain toast with ½ avocado mashed, + 2 tbsp. hummus + tomato slices + 1 tsp. hemp hearts.	Mixed greens salad with roasted vegetables (beets, bell peppers, onions) and 4 oz grilled meat (from night before).	Lemon chicken soup + mixed greens salad (spinach, kale, chard) with tomatoes, bell peppers, olives, sprouts, and ground flax seeds.
Snack	Green pea guacamole with organic tortilla chips & cucumber for dipping.	Handful of almonds or pumpkin seeds + 1 pc fruit (apple, pear, berries, or ½ banana)	Trail Mix (try almonds, Brazil nuts, pecans, pumpkin seeds and raisins).	Fruit salad with orange, grapefruit, strawberries, hemp seeds and cinnamon.
Dinner	Macrobiotic Bowl: 4 oz chicken / fish / beans +roasted asparagus spears + ½ sweet potato + kimchi + ¼ cup millet + sprouts Tahini lemon dressing	Grilled meat (lamb/chicken/fish) with green & yellow beans + ½ sweet potato.	Lemon chicken soup (recipe) + mixed greens salad (spinach, kale, chard) with tomatoes, bell peppers, olives, sprouts, and ground flax seeds.	Spaghetti squash with red lentil sauce. Add your favourite sautéed vegetables to the sauce (bell peppers, mushrooms, onions).
Liquids	Herbal Tea, Filtered Water, Lemon Water, Kombucha.			

Eats & Asana 7 Day Meal Plan – Week 2



	Day 5	Day 6	Day 7
Breakfast	Lemon Water 2 egg omelet with bell peppers, zucchini and onion + 1 pc sprouted grain bread.	Lemon Water Hide Ya Kale Smoothie with protein powder of your choice.	Lemon Water Steel cut oats with almonds, pecans, 1 tsp coconut oil, ¼ tsp cinnamon, fresh berries and 1 tsp ground flax seeds.
Snack	Herbal tea Kale chips	Herbal tea 2 energy bites Small apple	Herbal tea 1 egg muffin cup + carrots with 2 tbsp. hummus.
Lunch	Leftover spaghetti squash with red lentil sauce + mixed greens salad.	Curried chickpeas with wild rice (leftover) with mixed greens salad dressed with olive oil and balsamic vinegar.	Quinoa (or millet) salad with lentils, cucumber, tomato and ½ avocado. Dressed with flax oil, salt, pepper and oregano.
Snack	Green Tea Celery sticks with almond butter	White Bean Spread with whole grain crackers/ celery/cucumber for dipping.	Green Tea Kale chips (see recipe)
Dinner	Curried chickpeas with wild rice (see recipe).	Pickering + cauliflower mashed potatoes + steamed green beans and asparagus spears.	Steak and broccoli stir fry (see recipe).
Liquids	Herbal Tea, Filtered Water, Lemon Water, Coconut water, Kombucha.		

Key Ingredients:

- Nuts and seeds
- Beans
- Avocados
- Berries
- Lentils

Herbal Teas:

- Green Tea (caffeine)
- Lemongrass Tea
- Chamomile Tea

Cooking Tips:

- Use only coconut oil or ghee (clarified butter) for cooking
- Oils for dressings (do not heat): XV Olive oil, flax seed oil
- For easier digestion lightly steam vegetables rather than having them completely raw. Steaming for 5 minutes (so they're still crisp) will ensure digestibility and keep nutrients intact.