

Daniel Plan Detox Week 1

Breakfast	Snack	Lunch	Snack	Dinner
Veggie Omelet with avocado	Veggies & hummus	quinoa with carrots and broccoli	protein bar	Thai chicken stir fry with rice
Protein Shake	berries & almonds	Frittata	edamame	Greek lamb burgers with artichokes, feta, kalamata olives
Kodiak waffle with PB	hardboiled egg & cheese	Kale salad	protein bar	beef and veggie stew
Protein Shake	Protein bar	Frittata	hardboiled egg & cheese	Grilled fish with spicy slaw
eggs & veggies	berries & almonds	Black bean soup	edamame	Chicken primavera bowl
Kodiak waffle with PB	bananas	(you choose)	protein smoothie	Three bean chili
Ham, egg, & cheese sandwich	bell peppers with hummus	Black bean soup	apple & PB	Mexican quinoa bowl

