

Preconception Cleanse

Meal Plan

Monday:

Breakfast: AAWEsome Breakfast Salad

Lunch: On The Go Bowl

Dinner: Curry Lentil Bake

Tuesday

Breakfast: Overnight Oats

Lunch: Nori Rolls

Dinner: Thai Chicken Sweet Potatoes

Wednesday

Breakfast: Purple Fertility Smoothie

Lunch: Chicken and Cabbage Salad

Dinner: Spaghetti Squash Bake with Turkey Sausage

Thursday

Breakfast: Breakfast Sausages with Sautéed Arugula

Lunch: Egg Salad over Greens

Dinner: Asian Steak and Pear Salad

Friday

Breakfast: Tomato Dill Frittata

Lunch: Steak Lettuce Cups

Dinner: Red Lentil Cauliflower Soup

Saturday

Breakfast: Lemon Poppy Seed Pancakes

Lunch: Garbanzo "Chicken" Salad

Dinner: Grilled Moroccan Chicken with Cauliflower Mashers

Sunday

Breakfast: Chocolate Almond Butter Smoothie Bowl

Lunch: Moroccan Chicken Lettuce Cups

Dinner: African Sweet Potato and Bean Soup

Snacks for the week

Option 1: Curried Cashews

Option 2: Broccoli Patties

Option 3: Lemon Poppy Seed Oat Bars

Option 4: Roasted Chickpeas

Beverages for the week

Option 1: Homemade Coconut milk

Option 2: Liver Tea

Option 3: Citrus Cocktail