

A SIMPLE AUTUMN MEAL PLAN TO RESET AND GLOW



	breakfast	lunch	dinner	
mon	your favorite clean Green Juice or smoothie	Fresh Carrot Juice w/ Ginger - Flat Belly Tomato Juice	Detox Broth from Elle France	green and/or herbal teas throughout the day
tue	café or matcha tea a nice organic apple or pear	assiette de crudités & Easy Chickpea Falafel	One-Pan Roasted Fish With Cherry Tomatoes -NY Times	
wed	plum or pear with yogurt, mint & honey	Detox Broth -Elle France	Baked Sweet Potato & Spinach	snack on seasonal grapes when hungry
thu	café or matcha tea Pear Smoothie	Pecan-Miso Butter and Jelly Sandwiches -Bon Appétit	Sunny Paris Salmon w/ cauliflower rice	
fri	coffee or green tea organic apple w/ walnut butter	assiette de crudités & Easy Chickpea Falafel	Eggplant Pizza w/ leafy green salad	recipes at charlotteblog. com
	Pumpkin Spice Coffee organic apple or pear	Butternut Squash Bisque	Falafel Board & Butterscotch Rye Cookies	