





Easy 5-day High Protein and Fiber Meal Plan

	breakfast	lunch	dinner	
mon	Black Raspberry Smoothie	Chickpea Green Goddess Salad w/ goat cheese & flax	Healthy Cheesy Broccoli Soup	
tue	Life Changing Bread & hard boiled egg	French Green Bean & Radish Salad w/ Sunny Paris Salmon	Chicken Paillard w/ Pistachio Pesto Vinaigrette + chia seeds & raspberries	chia seeds and psyllium huk are your friends
wed	Raspberry Yogurt Parfait	Healthy Cheesy Broccoli Soup	Whole wheat pasta with pesto, parmesan, pistachios + green salad	
thu	Black Raspberry Smoothie	Sunny Paris Salmon w/ Chickpea Green Goddess Salad	Life Changing Bread & hard boiled egg	make a pitcher of Raspberry Lemon water!
fri	Ezekiel toast with 1/2 avocado & 1/4 c. cottage cheese	Protein Packed Chopped Salad from Goop	GP's Turkey Meatballs w/ arugula & Pistachio Pesto Vinaigrette	
	Holiday Breakfast on the Grill	recipes at charlotteblog.com	Raspberry Barbecue Chicken & Festive Pasta Salad	French Yogurt Cake w/ fresh berries