

Healthy Life Style Menu

This menu will nourish your body and give you a healthy glow. This plan will not only help you lose weight (if needed), but it will cleanse your body, improve your mental clarity, and is an anti-aging. Note this meal plan can be changed to meet any dietary requirement. This is not a diet this is a healthy way of living.

This weekly meal plan is a home delivery service that provides the following:

**Healthful, nutritionally-balanced meals,
Organic and locally farm fresh foods**

Freshly prepared and
personally packaged by trained chefs

Each meal comes with complete easy to read cooking or reheating instructions and is individually packaged, marked with the meal day, and if it is fresh or frozen.

These are some menu samples of meals.

Breakfast:

- Breakfast wrap with scrambled egg, potatoes, turkey sausage, cheese and salsa.
- English Muffin, scrambled egg, Canadian bacon, and cheese
- Wheat French toast, Scrambled Eggs, Turkey bacon, with light syrup.
- Denver Omelet or choice of Omelet
- Raisin French Toast with Blueberries and Orange Yogurt
- Huevos Rancheros
- 2 scrambled eggs with chopped green onion and bell pepper & ½ cup Flaxseed Oatmeal
- Fresh fruit, Oatmeal and Turkey bacon
- 2 hard boiled omega 3 eggs, Oatmeal and blackberry yogurt
- Egg Bacon Begelwich

Lunch:

- Tortellini in Brodo Soup is an Italian vegetable soup with cheese tortellini.
- Chicken Spring Bowtie Pasta Salad with fresh Veggies
- Basil Chicken Salad over a fresh bed of spinach
- Smoked Turkey Wraps with Mango and Curried Mayonnaise
- Tuna, Pickle, and Chopped-Vegetable Pita Sandwiches
- Roast Beef Sandwiches with Sweet-and-Sour Red Onions and Blue Cheese
- Pita Sandwiches with Eggplant, Peppers, Tomatoes and Cucumber
- Egyptian Chicken Salad
- African Groundnut Stew

Main Dishes:

(Main dishes come with choice of soup or garden salad)

Soups choices are Italian Veggie Soup, & Chicken Green Chili Soup

- Italian Sausage with Peppers and Sun dried Tomatoes
- Grilled pork loin with fire-roasted pineapple salsa
- Chicken Fajitas
- Chicken with Creamy Onion Sauce with Roasted Garlic and Thyme
- Lighter Chicken Parmigianino
- Grilled Thai Spiced Chicken
- Lemon-Ginger Chicken
- Mediterranean Chicken or lean beef Stew
- Chicken and Mushroom Marsala
- Chicken or Tofu and Shiitake Stir-Fry with Peas
- Vegetarian Cassoulet Stew
- Mongolian Beef
- Lean Beef Taco's
- Lean Beef or Turkey Chili
- Turkey Cutlets with Springtime Vegetables
- Bow Tie Pasta with Tuna and Olive Tapenade
- Salmon with Lemon-Pepper Sauce and Watercress-Herb Salad
- Salmon with Mango Salsa
- Grilled Tuna with Teriyaki-Ginger Sauce
- Fish Fillets in Parchment with Asparagus and Orange
- Salmon with Pomegranate Walnut Sauce
- Grilled Shrimp or chicken Kabobs

Snacks:

- Vanilla Yogurt with Flax Seed, ¼ cup raspberries or blueberries
- Nuts
- Cantaloupe or honeydew wedge wrapped with slice turkey breast drizzled with flax oil
- Cottage Cheese with flaxseed and diced apple
- Hard-boiled egg
- Celery and carrot sticks and hummus
- Sliced Turkey and avocado
- Strawberries, blueberries and Blackberries

Dessert:

- Cinnamon-Spiced Bananas with Vanilla Frozen Yogurt
- Baked Nectarines with Cream
- Caramelized Peaches with Vanilla Frozen Yogurt
- Grilled Pear Fantasia
- Pomegranate – Sherbet Floats

Sample Days:

Day1

Breakfast:

- 2 poached omega 3 eggs
- 2 turkey sausage links
- ½ grapefruit
- Recommend drinking 8 oz of purified water
- Green tea

Lunch:

- Tuna, Pickle, and Chopped-Vegetable Pita Sandwiches
- Recommend drinking 8 oz of purified water

Snack:

- ½ cup cottage cheese, with 1 tablespoon flax seed oil, and ¼ cup blueberries
- Recommend drinking 8 oz of purified water

Dinner:

- Grilled Shrimp or chicken Kabobs with pineapple, bell pepper, onions, tomatoes, zucchini , served with Cilantro Rice with toasted sesame seeds, and a fresh garden salad served with balsamic dressing
- 8 oz of purified water

Bedtime Snack:

- Slice smoked Chicken
- 6 Almonds
- 6 Cherries
- 8 ounces purified water

Day2**Breakfast:**

- Breakfast wrap with scrambled egg, potatoes, turkey sausage, cheese and homemade salsa.
- Recommend drinking 8 oz of purified water
- Green Tea with honey

Lunch:

- Basil Chicken Salad over a fresh bed of spinach
- 8 oz of purified water

Snack:

- Cantaloupe wedge wrapped with 1 ounce slice turkey breast, drizzled with 1 teaspoon flax oil
- 8 oz of purified water

Dinner:

- Salmon with Mango Salsa, saffron rice pilaf
- 8 ounces purified water
- Take 1 capsule of Isagenix Natural Accelerator to help jumpstart your metabolism
- Take 1 capsules of Isagenix IsaFlush! To promote regularity.(If needed)

Bedtime Snack:

- Organic Raspberries yogurt with flax oil
- 8 ounces purified water