

Day 1



Fun Fact:

Tomatoes are a fruit.



Breakfast:

Vegetable omelet
Chicken sausage
Fresh fruits



Snack:

Walnuts/mixed seeds



Lunch:

Chicken salad
Crackers



Snack:

Carrot Sticks



Dinner:

Shrimp scampi
Cauliflower rice
Green beans



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Day 2



Fun Fact:

Strawberries are technically not a berry.



Breakfast: Scrambled eggs
Sliced bacon



Snack: Fruit and greens smoothie



Lunch: Tomato/vegetable soup
Grilled cheese
Pickles



Snack: Steamed edamames



Dinner: Meatloaf
Mixed Vegetables
Fresh salad



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Day 3



Fun Fact:

Durian is the smelliest fruit in the world



Breakfast: Boiled eggs
Yogurt
Grapes



Snack: Almond muffins



Lunch: Beef taco
Savory black beans
Asparagus



Snack: Olives



Dinner: Roasted turkey breast
Potato wedges
Broccoli



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Day 4



Fun Fact:

The part of broccoli you eat is actually baby flowers that haven't opened yet. Once the flowers open, the broccoli tastes bitter.



Breakfast: Bowl of oatmeal
Chicken sausage
Apple slices



Snack: Baby carrots



Lunch: Chicken noodles soup
w/vegetables
Flat bread pizza



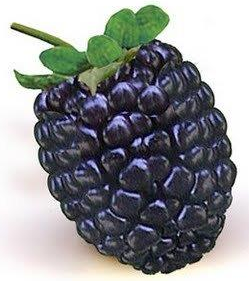
Snack: Fruit and green smoothie



Dinner: Pork chop
Brussels sprouts with bacon bites
Mashed sweet potatoes



Day 5



Fun Fact:

Raspberries and blackberries are called aggregate fruit. They are made up of hundreds of little fruits. Each one contains a seed.



Breakfast: Almond muffins
Spinach omelet
Turkey sausage



Snack: Celery sticks with hummus



Lunch: Turkey rollups/wraps
Cucumber tomato salad



Snack: Yogurt



Dinner: Grilled chicken tenderloin
Baked macaroni and cheese
Mixed vegetables



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Day 6



Fun Fact:

Unlike many fruits that typically have a sweet or acidic taste, avocados have a smooth, buttery consistency and a rich flavor.



Breakfast: Scrambled eggs
Sliced bacon
Fresh berries



Snack: Fruit and green smoothie



Lunch: Baked cod sticks
Sweet potato fries
Coleslaw



Snack: Pumpkin seeds/raisins



Dinner: Teriyaki chicken
Stir-fry vegetables



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