

## What does Anowa Eat 30-Day Meal Plan (1 wk bonus)

(Please make sure you drink a protein shake within 30 minutes post- workout )

### WEEK 1

- **Pre-Breakfast- Green smoothie (ex: 1 cup of spinach, 1 banana or avocado, 1 green apple, 1 teaspoon of flax and chia seeds, 1 scoop of almond butter, 1-2 cups of coconut water) Or Protein Powder alone**
- **Breakfast: 3-4 egg whites mixed with 1 cup of spinach or vegetables fried in coconut or olive oil with of 3 slices Uncured Turkey Bacon , veggie sausage, left over salmon)**
- **Snack – 1 fist full of unsalted almonds mixed (nut allergy alternative: sunflower seeds, pumpkin seeds)**
- **Lunch- Lentil soup (Please refer to Pinterest for recipe options)**
- **Snack-Protein bar (4 grams of sugar or less, at least 14 grams of protein or more)**
- **Dinner- 4 oz Salmon (season with black pepper, lemon, and 2 pinches of Himalayan salt o or veggie burger no bun both should have a side of roasted vegetables . (Try mixing virgin olive oil, black pepper and 1 small garlic clove with ¼ slices of sweet onion, 1 small cup of sliced carrots, 1 zucchini, broccoli, and cauliflower with 1 sweet red pepper)**

### WEEK 2

- **Pre – Breakfast - Green Smoothie or Protein Powder alone**
- **Breakfast- Raw oats with 1 cup of blueberries and almond milk , 2 egg whites, 1 veggie sausage or bacon**
- **Snack- a fist-full of pumpkin seeds**
- **Lunch- Chickpea salad with raw spinach 2 boiled egg whites and ¼ slices of purple onion with balsamic vinaigrette.**
- **Snack-Protein bar**
- **Dinner- 4 oz Salmon, 4 Grilled Asparagus mixed with olive oil and black pepper**

### WEEK 3

- **Pre-Breakfast – Green Smoothie (Baby Spinach, 1 Fistful of pumpkin seeds and Hemp Hearts, 4 mango slices, 1 banana, 1-2 cups of almond milk)**
- **Breakfast- Leftover salmon scrambled egg whites with 1 cup of spinach and ¼ slices of sweet onion. Leftover roasted vegetables on the side**
- **Snack- Fistful of pumpkin seeds**
- **Lunch- Albacore White tuna salad( no mayo) Mix with olive oil, 1 avocado, ½ stalk of celery,1 chopped scallion, 2 tbsp lemon juice and salt and pepper for taste on bed of 1 cup of raw baby spinach.**
- **Snack- protein bar**
- **Dinner- Lentil Soup**

### WEEK 4

- **Pre- Breakfast – Green Protein Smoothie or Protein Powder alone**
- **Breakfast – 3 scrambled egg whites mixed with raw spinach in coconut oil with 2 veggie sausage on the side and 1 small cup of fruit**
- **Snack- 1 organic brown rice cake with almond butter or sunflower seed spread**
- **Lunch- veggie burger topped with 3 slices of avocado 1 tomato over a bed of lettuce**
- **Snack- Protein Bar**
- **Dinner- 4 oz Grilled Salmon with a side of roasted vegetables.**

### WEEK 5

- **Pre-Breakfast- Green Smoothie ( 1 Cup of Kale, 1 Grapefruit, 1 Cucumber, 1 Apple,1/4 mango slices, 1 Fistful of hemp seeds, 1 tbsp of coconut oil, (Juice the grapefruit separately with 1 cup of water then add ingredients)**
- **Breakfast- Steel Cut oats with blue berries , 2 egg whites and 2 veggie sausage on side**
- **Snack- Fistful of Sunflower Seeds**
- **Lunch- 2 cups Roasted Chickpeas mixed with 1 cup of sautéed green spinach and sweet onions**
- **Snack – Protein bar**
- **Dinner-Lentil Soup**

