

**Advocare meal plan cleanse**

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**Next**

Week of October 14 - 20, 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advocare meal plan cleanse						
Low Carb Frittata Feta & Spinach	Low Carb Frittata	Low Carb Frittata Feta & Spinach	Low Carb Frittata Feta & Spinach	Low Carb Frittata Feta & Spinach	Low Carb Frittata Feta & Spinach	Low Carb Frittata Feta & Spinach
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
1 egg white omelet with 1/4 cup fresh spinach, feta cheese	Black Bean Salsa & Fajita	1 egg white omelet with melted cheese topping, avocado salsa	Black Bean Salsa & Fajita	1 egg white omelet with melted cheese topping, avocado salsa	Homemade muffin with ground turkey and cheese	Black Bean Salsa & Fajita
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Snack
Protein sandwich grilled tortilla	Protein sandwich grilled tortilla	Black bean & cheese wrap	Black bean & cheese wrap	Black bean & cheese wrap	Avocado and cheese wrap (use sliced avocado and cheese wrap)	Apple and cheese wrap
Dinner	Dinner	Dinner	Dinner	Dinner	Turkey burgers sweet potato fries, carrots	Turkey meatballs with spaghetti, green beans tomato sauce
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast

## ADVOCARE RECIPES

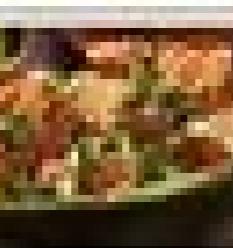
what i ate on the 24 day challenge



### Day 5: 10-Day Cleanse Recipes

Breakfast - 6:00 am		Morning Snack - 10:30 am	
Meal Replacement Shake - Qdrt:			
2-4 egg whites + 1 yolk, scrambled with onions, spinach & tomato			
**1/4-1/2 c sweetener can be used, for veggies			
Lunch - 1:00 pm		Afternoon Snack - 3:30 pm	
Avocado Chicken Salad - Servings: 2			
2 tomatoes, halved (chicken breasts) 1 avocado 1/4 chopped onion piece of 1/2 a lime 2 Tbsp cilantro salt & pepper, to taste		Turkey Breakfast Muffins 2 lbs. ground turkey 2 eggs 1/2 cup quinoa cooking oats 1/2 cup ground chia 1/2 cup ground flax 1/2 cup dried thyme 2 tsp dry yellow mustard	
Cook chicken breast until done, let cool, and then shred. Mix with all other ingredients. Serve with a side salad.		Pre heat oven to 375 and spray muffin pan with some cooking spray (or coat with a little olive oil). Mix all the ingredients in one large bowl until well combined. Roll the mixture into balls and place each one in the muffin pan. Bake for 30 minutes or until cooked through.	
Dinner - 6:00 pm			
Chicken with Sun Dried Tomatoes Over Zucchini Noodles Servings: 4			
2 Zucchinis 1/4 lb. (16 oz.) no sugar marinara sauce Italian seasoning 2 cloves Garlic, crushed 1/4 lb. of Chicken Breast, Diced Sun Dried Tomatoes		Using a spiral slicer or julienne peeler, make your noodles in a dry non-stick pan, saute noodles until al dente (no water necessary!). In separate skillet cook chicken breast. Top cooked breast with marinara, Italian seasoning (to taste), crushed garlic, sea salt and a handful of sun-dried tomatoes. Place napkin on plate and top with sauce.	

#### **Day 4: 10-Day Cleanse Recipes**

<p><b>Breakfast</b> 8:00 am</p> <p><b>Mixed Berry Smoothie</b> 1-2 cups</p> <p>2-4 egg whites + 1 pink sweetened non-dairy yogurt, mixed &amp; blended</p> <p>*Note: All C-cookbook can be eaten, for vegans</p>		<p><b>Morning Snack</b> 10:30 am</p> <p><b>1 cup mixed berries</b> 8-10 Almonds</p>	
<p><b>Lunch</b> - 12:00 pm</p> <p><b>Shawarma with Grilled Vegetables</b></p> <p>2-4 large bone-jacketed or water-grilled eggplants &amp; bell peppers (Marinated with Za'atar/Ginger Dressing). Shawarma with sliced tomatoes, shredded carrots and raw cauliflower.</p>		<p><b>Afternoon Snack</b> 3:00 pm</p> <p><b>Cucumber stuffed with Hummus</b></p> <p>1 Cucumber 1/4 Pint Hummus Cherry Tomatoes</p>	<p>Add some healthy fats: 1 avocado or 1裴翠(PEPPERS)</p>
<p><b>Dinner</b> - 6:00 pm- 8:00 pm: Baked Salmon with Avocado, serves 4</p> <p>1 can (15 oz) Baked Sea Bass, drained and broken (you can &amp; break up pieces)</p> <p>2 fresh medium avocados, halved</p> <p>1 lime, juiced juice</p> <p>1 lime juice juice</p> <p>1 lime juice dressing</p> <p>1 cup chopped tomato</p> <p>1 cup cilantro leaves</p> <p>2-3 chopped jalapeños</p> <p>1/2 cup fresh chopped cilantro</p> <p>Preheat oven to 400 degrees.</p>		<p>Spray a glass baking dish with non-stick cooking spray. Cut avocados in half and scoop out avocado, leaving 1/2" rim for shell. Cut each halved avocado.</p> <p>Reserve mashed avocado and dice the remaining with remaining ingredients.</p> <p>Combine salmon, lime juice, lime juice, and lime dressing. Dice sliced jalapeños, tomato, fresh cilantro, cilantro with reserved avocado. Fill avocado halves with salmon mixture.</p>	

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