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






















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MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1 	FIXATE French Toast Muffins	FIXATE French Toast Muffins	FIXATE French Toast Muffins	FIXATE French Toast Muffins	FIXATE French Toast Muffins	Whole-grain waffle • nut butter	Whole-grain waffle • nut butter
<b>SNACK 1</b> 1  1  1 	FIXATE Asparagus Soup • turkey bacon	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Asparagus Soup • turkey bacon	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Vietnamese Caramelized Turkey Bowls	Turkey bacon • sautéed kale • olive oil
<b>LUNCH</b> 1  1  ½  1 	FIXATE Niçoise Salad	FIXATE Niçoise Salad	Kale (½  • cubed butternut squash (½  • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	Kale (½  • cubed butternut squash (½  • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	FIXATE Egg Drop Soup • edamame	FIXATE Egg Drop Soup • edamame	Kale (½  • cubed butternut squash (½  • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette
<b>SHAKEOLOGY SMOOTHIE</b> 1  1  1 	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk
<b>SNACK 2</b> 1  ½ 	Banana • oatmeal	Grapes • whole-grain crackers	Banana • oatmeal	Grapes • whole-grain crackers	Banana • oatmeal	Grapes • whole-grain crackers	Banana • oatmeal
<b>DINNER</b> 2  1  1 	FIXATE Vegan Sausage and Spaghetti Squash Casserole	FIXATE Almond Crusted Chicken (omit oil)	FIXATE Vegan Sausage and Spaghetti Squash Casserole	FIXATE Almond Crusted Chicken (omit oil)	FIXATE Vegan Sausage and Spaghetti Squash Casserole	FIXATE Almond Crusted Chicken (omit oil)	Broccoli • carrots • pork chop • blue cheese
<b>NOTES</b>	Breakfast: Use almond milk in place of coconut milk. Prepare entire recipe; freeze extra muffins for use next week or share with family!  Lunch: Halve the recipe.  Snack 2: Enjoy cooked oatmeal topped with sliced banana and cinnamon to taste!	Dinner: Halve the recipe. Instead of oil, use nonstick cooking spray, like olive oil spray.	Lunch: Sauté butternut squash in nonstick pan lightly coated with cooking oil spray for 8 to 10 minutes, or until soft. Add kale and cook until wilted; season with salt, pepper, and garlic powder. Slice grilled chicken and toss everything into a salad.	Snack 1: Freeze the remaining two servings of soup for next week.	Lunch: Double the recipe; portion out serving for tomorrow. Add edamame or eat on the side.  Dinner: Prepare entire recipe for the week; immediately freeze three servings for use next week.	Breakfast: Top waffle with nut butter; drizzle with 1–2 tsp. pure maple syrup, if desired.	Dinner: Roast pork chop; season with salt and pepper and melt blue cheese on top. Sauté broccoli and carrots in a nonstick pan lightly coated with cooking oil spray. Season with salt, pepper, and garlic powder. Top pork chop with chopped green onion.







MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1  2	FIXATE French Toast Muffins • pear • nut butter	FIXATE French Toast Muffins • apple • nut butter	FIXATE French Toast Muffins • pear • nut butter	FIXATE French Toast Muffins • apple • nut butter	FIXATE French Toast Muffins • pear • nut butter	Whole-grain waffle • berries of choice • nut butter	Whole-grain waffle • berries of choice • nut butter
<b>SNACK 1</b> 1  1  1	FIXATE Asparagus Soup • turkey bacon	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Asparagus Soup • turkey bacon	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Vietnamese Caramelized Turkey Bowls	Turkey bacon • sautéed kale • olive oil
<b>LUNCH</b> 1  1  ½  1	FIXATE Niçoise Salad	FIXATE Niçoise Salad	Kale (½ ) • cubed butternut squash (½ ) • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	Kale (½ ) • cubed butternut squash (½ ) • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	FIXATE Egg Drop Soup • edamame	FIXATE Egg Drop Soup • edamame	Kale (½ ) • cubed butternut squash (½ ) • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette
<b>SHAKEOLOGY SMOOTHIE</b> 1  1  1	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk
<b>SNACK 2</b> 1  1	Banana • oatmeal	Grapes • whole-grain crackers	Banana • oatmeal	Grapes • whole-grain crackers	Banana • oatmeal	Grapes • whole-grain crackers	Banana • oatmeal
<b>DINNER</b> 2  1  ½  1	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas	FIXATE Almond Crusted Chicken (omit oil) • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas	FIXATE Almond Crusted Chicken (omit oil) • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas	FIXATE Almond Crusted Chicken (omit oil) • brown rice	Broccoli • carrots • pork chop • brown rice • blue cheese
<b>NOTES</b>	Breakfast: Use almond milk in place of coconut milk. Prepare entire recipe; freeze extra muffins for use next week or share with family!  Lunch: Halve the recipe.  Snack 2: Enjoy cooked oatmeal topped with sliced banana and cinnamon to taste!	Dinner: Halve the recipe. Instead of oil, use nonstick cooking spray, like olive oil spray. Serve with cooked brown rice.	Lunch: Sauté butternut squash in nonstick pan lightly coated with cooking oil spray for 8 to 10 minutes, or until soft. Add kale and cook until wilted; season with salt, pepper, and garlic powder. Slice grilled chicken and toss everything into a salad.	Snack 1: Freeze the remaining two servings of soup for next week.	Lunch: Double the recipe; portion out serving for tomorrow. Add edamame or eat on the side.  Dinner: Prepare entire recipe for the week; immediately freeze three servings for use next week. Top each serving with cooked peas.	Breakfast: Top waffle with nut butter and berries; drizzle with 1–2 tsp. pure maple syrup, if desired.	Dinner: Roast pork chop; season with salt and pepper and melt blue cheese on top. Sauté broccoli and carrots in a nonstick pan lightly coated with cooking oil spray. Season with salt, pepper, and garlic powder. Top pork chop with chopped green onion and serve with cooked brown rice.







MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1  1 2	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • turkey bacon • apple • nut butter	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • eggs • apple • nut butter	FIXATE French Toast Muffins • turkey bacon • pear • nut butter	Whole-grain waffle • turkey bacon • berries of choice • nut butter	Whole-grain waffle • eggs • berries of choice • nut butter
<b>SNACK 1</b> 1  1  1	FIXATE Asparagus Soup • turkey bacon	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Asparagus Soup • turkey bacon	FIXATE Vietnamese Caramelized Turkey Bowls	FIXATE Vietnamese Caramelized Turkey Bowls	Turkey bacon • sautéed kale • olive oil
<b>LUNCH</b> 2  1  1  1	FIXATE Niçoise Salad • extra butter lettuce • extra potato	FIXATE Niçoise Salad • extra butter lettuce • extra potato	Kale • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	Kale • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	FIXATE Egg Drop Soup • bok choy • edamame	FIXATE Egg Drop Soup • bok choy • edamame	Kale • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette
<b>SHAKEOLOGY SMOOTHIE</b> 1  1  1	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk
<b>SNACK 2</b> 1  1  1	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee
<b>DINNER</b> 2  1  1  1	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas	FIXATE Almond Crusted Chicken (omit oil) • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas	FIXATE Almond Crusted Chicken (omit oil) • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas	FIXATE Almond Crusted Chicken (omit oil) • brown rice	Broccoli • carrots • pork chop • brown rice • blue cheese
<b>NOTES</b>	<p>Lunch: Halve the recipe; use 8 leaves butter lettuce and 1 cup / 150 g potatoes for the halved recipe.</p> <p>Snack 2: Enjoy cooked oatmeal topped with ghee, sliced banana, and cinnamon to taste!</p>	<p>Dinner: Halve the recipe. Instead of oil, use nonstick cooking spray, like olive oil spray. Serve with cooked brown rice.</p>	<p>Lunch: Sauté butternut squash in nonstick pan lightly coated with cooking oil spray for 8 to 10 minutes, or until soft. Add kale and cook until wilted; season with salt, pepper, and garlic powder. Slice grilled chicken and toss everything into a salad.</p>	<p>Breakfast: Use almond milk in place of coconut milk. Prepare entire recipe; freeze extra muffins for use next week or share with family! Cook eggs to your liking.</p> <p>Snack 1: Freeze the remaining two servings of soup for next week.</p>	<p>Lunch: Double the recipe; portion out serving for tomorrow. Grill bok choy with soy sauce and garlic powder; add edamame and bok choy to soup or enjoy on the side.</p> <p>Dinner: Prepare entire recipe for the week; immediately freeze three servings for use next week. Top each serving with cooked peas.</p>	<p>Breakfast: Top waffle with nut butter and berries; drizzle with 1–2 tsp. pure maple syrup, if desired.</p>	<p>Dinner: Roast pork chop; season with salt and pepper and melt blue cheese on top. Sauté broccoli and carrots in a nonstick pan lightly coated with cooking oil spray. Season with salt, pepper, and garlic powder. Top pork chop with chopped green onion and serve with cooked brown rice.</p>


































MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1  1 2	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • turkey bacon • apple • nut butter	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • eggs • apple • nut butter	FIXATE French Toast Muffins • turkey bacon • pear • nut butter	Whole-grain waffle • turkey bacon • berries of choice • nut butter	Whole-grain waffle • eggs • berries of choice • nut butter
<b>SNACK 1</b> 1  1  1 1	FIXATE Asparagus Soup • turkey bacon • figs	FIXATE Vietnamese Caramelized Turkey Bowls • orange slices	FIXATE Vietnamese Caramelized Turkey Bowls • orange slices	FIXATE Asparagus Soup • turkey bacon • figs	FIXATE Vietnamese Caramelized Turkey Bowls • orange slices	FIXATE Vietnamese Caramelized Turkey Bowls • orange slices	Chopped turkey bacon • sautéed kale • chopped figs • olive oil
<b>LUNCH</b> 3  2  1  1	FIXATE Niçoise Salad (2 servings salad, 1 serving dressing) • extra butter lettuce and/or grape tomatoes	FIXATE Niçoise Salad (2 servings salad, 1 serving dressing) • extra butter lettuce and/or grape tomatoes	Kale (2 • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	Kale (2 • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	FIXATE Egg Drop Soup (2 servings) • bok choy • edamame	FIXATE Egg Drop Soup (2 servings) • bok choy • edamame	Kale (2 • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette
<b>SHAKEOLOGY SMOOTHIE</b> 1  1  1	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk	Shakeology • frozen fruit • unsweetened almond milk
<b>SNACK 2</b> 1  1  1	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee
<b>DINNER</b> 2  1  1 1  1	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	Broccoli • carrots • pork chop • brown rice • blue cheese • olive oil
<b>NOTES</b>	Lunch: Prepare entire recipe. Serve a fresh, double portion each day. Do not double dressing!  Snack 2: Enjoy cooked oatmeal topped with ghee, sliced banana, and cinnamon to taste!	Dinner: Halve the recipe. Serve with cooked brown rice.	Lunch: Sauté butternut squash in nonstick pan lightly coated with cooking oil spray for 8 to 10 minutes, or until soft. Add kale and cook until wilted; season with salt, pepper, and garlic powder. Slice grilled chicken and toss everything into a salad.	Breakfast: Use almond milk in place of coconut milk. Prepare entire recipe; freeze extra muffins for use next week or share with family! Cook eggs to your liking.  Snack 1: Freeze the remaining two servings of soup for next week.	Lunch: Double the recipe; portion out serving for tomorrow. Grill bok choy with soy sauce and garlic powder; add edamame and bok choy to soup or enjoy on the side.  Dinner: Prepare entire recipe for the week; immediately freeze three servings for use next week. Sauté peas in oil; serve on top of casserole.	Breakfast: Top waffle with nut butter and berries; drizzle with 1–2 tsp. pure maple syrup, if desired.	Snack 1: Sauté kale with turkey bacon and figs in oil. Drizzle with balsamic vinegar, if desired.  Dinner: Roast pork chop with oil; season with salt and pepper and melt blue cheese on top. Sauté broccoli and carrots in a nonstick pan lightly coated with cooking oil spray. Season with salt, pepper, and garlic powder. Top pork chop with chopped green onion and serve with cooked brown rice.





MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1  1  2 	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • turkey bacon • apple • nut butter	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • eggs • apple • nut butter	FIXATE French Toast Muffins • turkey bacon • pear • nut butter	Whole-grain waffle • turkey bacon • berries of choice • nut butter	Whole-grain waffle • eggs • berries of choice • nut butter
<b>SNACK 1</b> 1  1  1  1 	FIXATE Asparagus Soup • turkey bacon • figs	FIXATE Vietnamese Caramelized Turkey Bowls • orange slices	FIXATE Vietnamese Caramelized Turkey Bowl • orange slices	FIXATE Asparagus Soup • turkey bacon • figs	FIXATE Vietnamese Caramelized Turkey Bowl • orange slices	FIXATE Vietnamese Caramelized Turkey Bowl • orange slices	Chopped turkey bacon • sautéed kale • chopped figs • olive oil
<b>LUNCH</b> 3  2  1  1 	FIXATE Niçoise Salad (2 servings salad, 1 serving dressing) • extra butter lettuce and/or grape tomatoes	FIXATE Niçoise Salad (2 servings salad, 1 serving dressing) • extra butter lettuce and/or grape tomatoes	Kale (2  ) • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	Kale (2  ) • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	FIXATE Egg Drop Soup (2 servings) • bok choy • edamame	FIXATE Egg Drop Soup (2 servings) • bok choy • edamame	Kale (2  ) • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette
<b>SHAKEOLOGY SMOOTHIE</b> 1  1  1  2 	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter
<b>SNACK 2</b> 2  2  1 	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee
<b>DINNER</b> 2  1  1  1  1 	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	Broccoli • carrots • pork chop • brown rice • blue cheese • olive oil
<b>NOTES</b>	Lunch: Prepare entire recipe. Serve a fresh, double portion each day. Do not double dressing!  Snack 2: Enjoy cooked oatmeal topped with ghee, sliced banana, and cinnamon to taste!	Dinner: Halve the recipe. Serve with cooked brown rice.	Lunch: Sauté butternut squash in nonstick pan lightly coated with cooking oil spray for 8 to 10 minutes, or until soft. Add kale and cook until wilted; season with salt, pepper, and garlic powder. Slice grilled chicken and toss everything into a salad.	Breakfast: Use almond milk in place of coconut milk. Prepare entire recipe; freeze extra muffins for use next week or share with family! Cook eggs to your liking.  Snack 1: Freeze the remaining two servings of soup for next week.	Lunch: Double the recipe; portion out serving for tomorrow. Grill bok choy with soy sauce and garlic powder; add edamame and bok choy to soup or enjoy on the side.  Dinner: Prepare entire recipe for the week; immediately freeze three servings for use next week. Sauté peas in oil; serve on top of casserole.	Breakfast: Top waffle with nut butter and berries; drizzle with 1–2 tsp. pure maple syrup, if desired.	Snack 1: Sauté kale with turkey bacon and figs in oil. Drizzle with balsamic vinegar, if desired.  Dinner: Roast pork chop with oil; season with salt and pepper and melt blue cheese on top. Sauté broccoli and carrots in a nonstick pan lightly coated with cooking oil spray. Season with salt, pepper, and garlic powder. Top pork chop with chopped green onion and serve with cooked brown rice.







MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1  1 2	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • turkey bacon • apple • nut butter	FIXATE French Toast Muffins • eggs • pear • nut butter	FIXATE French Toast Muffins • eggs • apple • nut butter	FIXATE French Toast Muffins • turkey bacon • pear • nut butter	Whole-grain waffle • turkey bacon • berries of choice • nut butter	Whole-grain waffle • eggs • berries of choice • nut butter
<b>SNACK 1</b> 2  1  2 2	FIXATE Asparagus Soup (2 servings) • turkey bacon • Greek yogurt • figs	FIXATE Vietnamese Caramelized Turkey Bowls (2 servings) • orange slices	FIXATE Vietnamese Caramelized Turkey Bowls (2 servings) • orange slices	FIXATE Asparagus Soup (2 servings) • turkey bacon • Greek yogurt • figs	FIXATE Vietnamese Caramelized Turkey Bowls (2 servings) • orange slices	FIXATE Vietnamese Caramelized Turkey Bowls (2 servings) • orange slices	Chopped turkey bacon • sautéed kale • olive oil • Greek yogurt • figs
<b>LUNCH</b> 3  2  1  1	FIXATE Niçoise Salad (2 servings salad, 1 serving dressing) • extra butter lettuce and/or grape tomatoes	FIXATE Niçoise Salad (2 servings salad, 1 serving dressing) • extra butter lettuce and/or grape tomatoes	Kale (2 • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	Kale (2 • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette	FIXATE Egg Drop Soup (2 servings) • bok choy • edamame	FIXATE Egg Drop Soup (2 servings) • bok choy • edamame	Kale (2 • cubed butternut squash • grilled chicken • farro • FIXATE Creamy Raspberry Vinaigrette
<b>SHAKEOLOGY SMOOTHIE</b> 1  1  1 2	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter	Shakeology • spinach • frozen fruit • unsweetened almond milk • nut butter
<b>SNACK 2</b> 2  2  1	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee	Grapes • whole-grain crackers • nut butter	Banana • oatmeal • ghee
<b>DINNER</b> 2  1  1 1  1	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	FIXATE Vegan Sausage and Spaghetti Squash Casserole • peas • olive oil	FIXATE Almond Crusted Chicken • brown rice	Broccoli • carrots • pork chop • brown rice • blue cheese • olive oil
<b>NOTES</b>	Lunch: Prepare entire recipe. Serve a fresh, double portion each day. Do not double dressing!  Snack 2: Enjoy cooked oatmeal topped with ghee, sliced banana, and cinnamon to taste!	Dinner: Halve the recipe. Serve with cooked brown rice.	Lunch: Sauté butternut squash in nonstick pan lightly coated with cooking oil spray for 8 to 10 minutes, or until soft. Add kale and cook until wilted; season with salt, pepper, and garlic powder. Slice grilled chicken and toss everything into a salad.	Breakfast: Use almond milk in place of coconut milk. Prepare entire recipe; freeze extra muffins for use next week or share with family! Cook eggs to your liking.  Snack 1: Prepare entire recipe. Portion out two double servings for the week.	Lunch: Double the recipe; portion out serving for tomorrow. Grill bok choy with soy sauce and garlic powder; add edamame and bok choy to soup or enjoy on the side.  Dinner: Prepare entire recipe for the week; immediately freeze three servings for use next week. Sauté peas in oil; serve on top of casserole.	Breakfast: Top waffle with nut butter and berries; drizzle with 1–2 tsp. pure maple syrup, if desired.	Snack 1: Sauté kale with turkey bacon. Drizzle with balsamic vinegar, if desired.  Dinner: Roast pork chop with oil; season with salt and pepper and melt blue cheese on top. Sauté broccoli and carrots in a nonstick pan lightly coated with cooking oil spray. Season with salt, pepper, and garlic powder. Top pork chop with chopped green onion and serve with cooked brown rice.

VEGETABLES	FRUITS	PROTEINS
4 medium white or yellow onions	1 pint / 300 g strawberries	19 large eggs
1 (16-oz. / 450-g) bag fresh spinach	1 pint / approx. 300 g berries of choice	9 (4-oz. / 110-g each) raw chicken breasts, boneless, skinless
1 bunch asparagus (12 large spears)	3 large pears	2 lbs. / 905 g raw 93% lean ground turkey
2 bunches kale	2 small apples	4 oz. / 110 g raw pork chop
2 medium bird's eye chiles (or 1 serrano chile)	4 large bananas	4 oz. / 110 g ahi tuna steak (or canned tuna in water)
5 medium carrots	4 medium oranges	2 containers (14-oz. / 395-g each) organic firm tofu
2 medium tomatoes	6 small figs	1 (32-oz. / 905-g) container plain reduced-fat (2%) Greek yogurt
3 medium cucumbers	1½ lbs. / 680 g red or green seedless grapes	24 slices turkey bacon (nitrite- and nitrate-free)
1 small butternut squash (or 1 small bag pre-cubed)	1 (48-oz. / 1.4-kg) bag frozen fruit of choice (for Shakeology)	Unflavored gelatin
8 oz. / 225 g shiitake mushrooms		64 fl. oz. / 2 L low-sodium organic chicken broth
8 oz. / 225 g mushrooms of choice		Shakeology
2 medium heads broccoli		
1 pint / 360 g cherry tomatoes		
2 oz. / 50 g green beans		
Butter lettuce		
2 small heads bok choy		
1 medium spaghetti squash (approx. 4 lbs. / 1.6 kg)		
3 cups / 680 g raw mixed vegetables of choice (for FIXATE Almond Crusted Chicken)		
32 fl. oz. / 960 ml low-sodium organic vegetable broth		

CARBOHYDRATES	HEALTHY FATS	SEEDS & DRESSINGS
1 (16-oz. / 450-g) bag dry rolled oats	1 (15-oz. / 420-g) can lite coconut milk	
2-4 baby medium red potatoes	Blue cheese crumbles	
1 (8-oz. / 225-g) bag dry brown rice	Almond flour	
1 (8-oz. / 225-g) bag dry farro		
½ lb. / 225 g shelled edamame (fresh or frozen)		
1 (10-oz. / 280-g) bag frozen peas		
2 whole-grain waffles (4-inch / 10-cm)		
1 loaf gluten-free bread (or ingredients to make FIXATE Gluten-Free Fresh Bread)		
1 box whole-grain crackers		
Pure maple syrup		
Light brown sugar		
Raw sugar		
Cornstarch		
Raspberry preserves		

