



HIGHWAY 2 WELL

MEALS 2 GLO

MENU FOR MONDAY AND TUESDAY

MONDAY

Very Berry Overnight Oats *Breakfast*
Homemade Trail Mix *Snack*
Zucchini Pasta with Basil and Cilantro Pesto *Lunch*
Tangy Apple Cranberry Puree *Snack*
Roasted Asparagus and Brown Rice *Dinner*

TUESDAY

Green Juice *Breakfast*
Citrus Salad *Snack*
The Power Lunch
Homemade Trail Mix *Snack*
Zucchini "Pasta" Puttanesca *Dinner*

Start each day with a glass of hot water with lemon!