

PUREGANIC CUSTOMIZED MEAL PLANS

NAME

ADDRESS

CITY/STATE/ZIP

EMAIL

PHONE #

CC #

EXP. DATE :

CODE:

ZIP:

CIRCLE ONE: PICKUP (OR) DELIVERY

BREAKFAST (Choose One)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Oatmeal w/ Raisin							
Overnight Oats							
Morning Wrap							
Simply Breakfast							
Scrambled Tofu							
Smoothie							
Crepes							
Pancakes							
Waffle							
Muffin							
Parfait							

JUICE (Choose One)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Celery Juice							
Green Bull							
Green Girl							
Green Monster							
Joy Blast							
Purifier							
Spiced Up Citrus							

LUNCH (Choose one)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Omelet							
Avocado Toast							
Lentil Burger							
Quinoa Burger							
Falafel Wrap							
Fresco Burrito							
Nut Mozzarella Tomato, Basil & Olive Sandwich							
Panini							
Quesadilla							
Walnut Chickpea Sandwich							
Mushroom Cheesesteak Sandwich							
Mediterranean Sampler							
Avocado Salad							
Mediterranean Salad							
Nachos							
Buffalo Cauliflower							

MID-AFTERNOON SNACK
(CHOOSE ONE SNACK OR SOUP)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Empanadas							
Falafel Balls							
Spring Roll							
Fresh Veggies w/ Almond Hummus							
Fresh Veggies w/ Guacamole							
Snack Pack (veggies, hummus, seed bread)							
Hummus Pack with Za'atar Pita Chips							

(OR)

16 OZ. SOUP (Choose one)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Asparagus (Seasonal)							
Broccoli							
Butternut Squash							
Cabbage							
Carrot & Ginger							
Cauliflower & Carrot							
Hearty Mixed Veggie							
Immune Boosting Broth							
Lentil							
Pea & Mint							
Pureed Mixed Veggie							
Tomato Basil							
Zucchini							

DINNER (CHOOSE ONE)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Super Bowl							
Harvest Bowl							
Ramen Bowl							
Taco Bowl							
Falafel Bowl							
Cauliflower Steak							
Mac & Cheese							
Penne w/ Ragu Sauce							
Chickpea pasta with choice of sauce							
Pesto Penne							
Pasta w/ White Beans, Kale and Vodka Sauce							
Spaghetti Squash & Mushroom Meatballs							
Margherita Pizza							
Veggie Pizza							
Baked Sweet Potato w/ Lentil & Kale							

NIGHTCAP

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Almond Milk							
OR							
Cashew Milk							