

EAT FOR MORE ENERGY MEAL PLAN

Each meal in this plan delivers the essential macronutrients your body needs for lasting energy, along with a healthful Mindful Mix. While this plan offers a breakfast, lunch, dinner and snack option for each of the seven days, feel free to mix and match your favorites, or enjoy any Mindful meal being served in your café.

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	Veggie Omelet: <ul style="list-style-type: none"> • 1 egg • 2 egg whites • 1 cup cooked mixed veggies • side of 1 small orange 	Greek Black Bean Burger 	1 medium apple with 1 tablespoon peanut butter	Couscous Marinara with Shrimp and Kale: <ul style="list-style-type: none"> • half a cup cooked whole wheat couscous tossed in low-sodium, low-sugar tomato sauce • 3 ounces of grilled shrimp • side of 1 cup cooked kale
DAY 2	No-Cook Oatmeal with Almonds and Berries 	Grilled Chicken Sandwich: <ul style="list-style-type: none"> • 2 slices whole wheat bread • 3 ounces grilled chicken • lettuce and tomato • 1 tablespoon hummus • side of 1 cup steamed broccoli 	Mindful O'Goodness Energy Bar 	Taco Salad: <ul style="list-style-type: none"> • 3 cups chopped lettuce • 3 ounces ground turkey cooked in taco seasoning • ½ cup black beans • 1 cup cooked peppers and onions • ¼ avocado • 1 tablespoon each plain Greek yogurt, shredded cheese and low-sodium salsa
DAY 3	Greek Yogurt with Berries and Nuts: <ul style="list-style-type: none"> • 1 cup plain low-fat Greek yogurt with cinnamon • ¾ cup berries • 2 tablespoons nuts • 1 teaspoon honey 	Mediterranean Salad: <ul style="list-style-type: none"> • 2 cups mixed greens • ½ cup chickpeas • 3 ounces cooked chicken • ½ cup grape tomatoes • ½ cup chopped cucumber • 2 tablespoons feta cheese • 1 teaspoon each oil and vinegar 	1 ounce cheese and ½ cup grapes	Pretzel-Crusted Salmon Over Spinach and Brown Rice 
DAY 4	Farmhouse Omelet with Fresh Fruit 	Chicken Stuffed Pita: <ul style="list-style-type: none"> • ½ a large or 1 small whole wheat pita • 1 cup greens • 3 ounces cooked chicken • ½ cup mix of chopped tomato and cucumber, and 1 tablespoon feta cheese • side of 1 medium apple 	3 cups air-popped popcorn shaken with 1 tablespoon Parmesan cheese	London Broil with Peppers and Onions: <ul style="list-style-type: none"> • 3 ounces grilled London broil • 1 cup grilled peppers and onions • ½ cup cooked brown rice
DAY 5	Avocado and Egg Toast: <ul style="list-style-type: none"> • 1 slice whole grain toast topped with ¼ of an avocado • 1 hard-boiled egg 	Smoked Salmon Salad: <ul style="list-style-type: none"> • 2 cups mixed greens • ½ cup green lentils • 2 ounces smoked salmon • 4 cherry tomatoes • ½ cup sliced cucumber • 1 teaspoon capers • 1 tablespoon goat cheese, tossed with 1 teaspoon each oil and vinegar 	Mindful O'Goodness Energy Bar 	Grilled Chicken with Roasted Sweet Potatoes 
DAY 6	Yogurt with Cocoa and Raspberries: <ul style="list-style-type: none"> • 1 cup plain low-fat Greek yogurt • 1 tablespoon cocoa powder • ¾ cup raspberries • 1 teaspoon honey 	Chicken Bruschetta Sandwich 	½ cup edamame	Whole Wheat Pasta with Sausage and Broccoli: <ul style="list-style-type: none"> • 1 cup cooked whole wheat pasta • 1 teaspoon olive oil • 1 chicken sausage • 1 cup broccoli • chill flakes and garlic • 1 tablespoon grated Parmesan
DAY 7	Red Quinoa Pancakes with Strawberries 	Minestrone Soup and Salad: <ul style="list-style-type: none"> • 1 ½ cups minestrone soup • side salad of 1 cup mixed greens • 4 cherry tomatoes • ½ cup cucumber • 1 teaspoon each oil and vinegar • sliced apple 	1 medium banana	Baked Chicken with Veggies and Beans: <ul style="list-style-type: none"> • 3 ounces baked chicken breast • 1 cup grilled mixed veggies • ½ cup baked beans