

lithest meal plan

level 3

Day 1	Cals	F	C	P
Upon Rising	0	0	0	0
Lithe Sunrise Tea (8oz) green tea, lemon, ginger				
Breakfast	230	2	55	6
Greenest Smoothie (16oz) kale, spinach, pineapple, apple, lemon, ginger, agave nectar, water, ice				
Juice	100	0	23	0
Ginger Limeade (16oz) water, lime, cucumber, apple, agave nectar, ginger				
Lunch	337	9	56	12
Lentil Waldorf Salad lentils, apple, celery, bell pepper, raisins, walnuts, scallions, garlic, lemon juice, balsamic vinegar, extra virgin olive oil, cumin, salt, pepper, spring mix	227	8	30	10
Lithe Sunrise Smoothie (8oz) orange, pineapple, almond milk, ice	110	1	26	2
Juice	134	0	16	2
Greenie (16oz) kale, cucumber, celery, apple, lemon				
Dinner	313	15	31	14
Portabella Panini portabella mushrooms, cashew "cheese" (cashews, garlic, salt, lemon juice, nutritional yeast, water), basil, boston lettuce, sundried tomato, olive oil, balsamic vinegar, salt, pepper, garlic powder	203	12	16	11
Wild Rice Leek Soup veggie broth, mushrooms, spinach, leeks, rutabaga, wild rice, extra virgin olive oil, sherry	110	3	15	3
Snack	101	4	14	3
Cucumber w/ Sweet Potato Hummus cucumber, sweet potato, chickpeas, tahini, lemon juice, extra virgin olive oil, cumin, garlic, salt, pepper, paprika				
Before Bed	0	0	0	0
Lithe Sunset Tea (8oz) chamomile, mint				
DAILY TOTALS:	1,215	30	195	37

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Day 2	Cals	F	C	P
Upon Rising	0	0	0	0
Lithe Sunrise Tea (8oz) green tea, lemon, ginger				
Breakfast	230	2	55	6
Greenest Smoothie (16oz) kale, spinach, pineapple, apple, lemon, ginger, agave nectar, water, ice				
Juice	100	0	23	0
Ginger Limeade (16oz) water, lime, cucumber, apple, water, ginger, agave nectar				
Lunch	376	17	46	14
Falafel Sliders w/ Lemon Tahini Sauce sliders (chickpeas, kidney beans, sunflower seeds, tahini, garlic, fresh coriander, wheat-free vegetable bouillon powder, carrots, onion, collard leaf), sauce (tahini, lemon juice, garlic, salt, cayenne pepper), spring mix	240	6	35	12
Lauren's Avocado Smoothie (8oz) coconut milk, apple, avocado, coconut water, ice	136	11	11	2
Juice	134	0	16	2
Greenie (16oz) kale, cucumber, celery, apple, lemon				
Dinner	270	7	46	10
Energy Soup veggie broth, kale, cannellini beans, onion, carrot, garlic, extra virgin olive oil, salt, red pepper, bay leaf, dry sherry	140	3	24	7
Detox Salad broccoli, cauliflower, carrots, parsley, currants, golden raisins, sunflower seeds, lemon juice, salt, pepper	130	4	22	3
Snack	81	4	12	1
Horchata Shake (8oz) almond milk, coconut milk, almond extract, cinnamon				
Before Bed	0	0	0	0
Lithe Sunset Tea (8oz) chamomile, mint				
DAILY TOTALS:	1,193	30	198	33

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level 3

Day 3	Cals	F	C	P
Upon Rising	0	0	0	0
Lithe Sunrise Tea (8oz) green tea, lemon, ginger				
Breakfast	230	2	55	6
Greenest Smoothie (16oz) kale, spinach, pineapple, apple, lemon, ginger, agave nectar, water, ice				
Juice	100	0	23	0
Ginger Limeade (16oz) water, lime, cucumber, apple, agave nectar, ginger				
Lunch	325	17	41	10
Quinoa Tabbouleh quinoa, chickpeas, parsley, tomato, cucumber, scallion, salt, lemon juice, extra virgin olive oil, spring mix	209	9	28	8
Strawberry Coconut Smoothie (8oz) strawberries, coconut milk, coconut, vanilla, ice	116	8	13	2
Juice	134	0	16	2
Greenie (16oz) kale, cucumber, celery, apple, lemon				
Dinner	246	8	40	10
Miso Soup w/ Kale & Soba Noodles water, soba noodles, kale, carrot, scallion, miso, soy sauce, black sesame seeds	130	1	28	6
Raw Asian Slaw w/ Ginger Tahini Vinaigrette cabbage, carrot, cilantro, almonds, garlic, ginger, tahini, soy sauce, extra virgin olive oil, agave nectar, rice wine vinegar, cayenne pepper	116	7	12	4
Snack	180	10	26	3
Lithe Pudding: Chocolate Mousse avocado, cocoa, agave nectar, raspberries				
Before Bed	0	0	0	0
Lithe Sunset Tea (8oz) chamomile, mint				
DAILY TOTALS:	1,215	37	201	31