|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Macintosh HD:Users:suzanne:Desktop:Web Design 3:Logo Files:MMC logo.jpg**  **3 Day Sample Meal Plan** | | | | |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snack** |
| **Day1** | Hearty Big Bowl & Green Glory Juice | Veggie Wrap a 1/2 cup fresh berries | Sweet Potato Kale Plate & Green Glory Juice | Cucumber chips with hummus |
|
|
|
|
|
|  |  | **Lunch** | **Dinner** | **Snack** |
| **Day 2** | Avo Toast & Green Glory Juice | White Bean Avocado Salad | Zucchini Spaghetti with Homemade Italian sauce & Green salad | 1/8 cup of raw Almonds OR Frozen Fruit |
|
|
|
|
|
|  | **Breakfast** | **Lunch** | **Dinner** | **Snack** |
| **Day 3** | Over night Oats & Green Glory Juice | Spinach + Hummus Sammie Dill Spears | Rice from day 1 and sauce from day2 & Green Glory Juice | Pepper and cucumbers slices with 1/8 cup raw Almonds |
|
|
|
|
|

**www.medicalmassagecincinnati.com**