



Lithe Spring Clean

week 4

Monday

Breakfast: Begin the day with Lithe Spring Clean Tea. Lithe Spring Clean Smoothie. Coffee or Tea

AM Snack: Lauren's Avococo Smoothie OR 1 apple & 1 tablespoon of almond butter

Lunch: Litled Up Salad 4-6oz. lean protein of your choice with 2 cups green veggies. Season with fresh herbs and spices of your choice. Dress with a dash of Braggs or balsamic vinegar. Cook protein with 1 Tbsp. coconut oil. Something sweet: 1/2 cup blueberries.

3pm slump: Choose 1: Lithe Foods green juice & Lithe Energy Bar (sub Chia Bar)

Dinner: Litled Up Salad 4-6oz. lean protein of your choice with 2 cups green veggies. Season with fresh herbs and spices of your choice. Dress with a dash of Braggs or balsamic vinegar. Cook protein with 1 Tbsp. coconut oil. Something sweet: 1/2 cup blueberries.

Dessert: Lithe Coconut Mango Pudding

Tuesday

Breakfast: Begin the day with Lithe Spring Clean Tea. Lithe Scramble. Coffee or Tea (with almond milk or Dream Cream).

AM Snack: Lithe Energy Bar (sub Chia Bar)

Lunch: Litled Up Salad 4-6oz. lean protein of your choice with 2 cups green veggies. Season with fresh herbs and spices of your choice. Dress with a dash of Braggs or balsamic vinegar. Cook protein with 1 Tbsp. coconut oil. Something sweet: 1/2 cup blueberries.

3pm slump: Tamari Glazed Almonds & Lithe Foods green juice.

Dinner: Lithe Tacos (make them boats by serving in large Romaine Lettuce leaves!)

Dessert: 2 pieces of Lithe Fudge



LitheSpringClean

Wednesday

Breakfast: Begin the day with Lithe Spring Clean Tea. Lithe Pineapple Mint Smoothie & Lithe Proats. Coffee or Tea (with almond milk or Dream Cream).

AM Snack: Lithe's New Year Smoothie OR Lithe Spring Clean Smoothie

Lunch: Litled Up Salad 4-6oz. lean protein of your choice with 2 cups green veggies. Season with fresh herbs and spices of your choice. Dress with a dash of Braggs or balsamic vinegar. Cook protein with 1 Tbsp. coconut oil. Something sweet: 1/2 cup blueberries.

3pm slump: Lithe Energy Bar OR Lithe Foods Green Juice.

Dinner: Prepping Scallops & seasonal veggies of your choice

Dessert: Lithe Key Lime Pie

Thursday

Breakfast: Begin the day with Lithe Spring Clean Tea. Lithe Spring Clean Smoothie & Lithe Breakfast Toast. Coffee or Tea (with almond milk or Dream Cream).

AM Snack: 1 apple & 1 tablespoon of almond butter OR Lithe's Pineapple Mint Smoothie.

Lunch: Litled Up Salad 4-6oz. lean protein of your choice with 2 cups green veggies. Season with fresh herbs and spices of your choice. Dress with a dash of Braggs or balsamic vinegar. Cook protein with 1 Tbsp. coconut oil. Something sweet: 1/2 cup blueberries.

3pm slump: Open faced avocado (sub with Chia Bar) & Lithe Foods green juice.

Dinner: Lithe Roasted Chicken and Parsnip Fries

Dessert: Lithe Chia Pudding or Key Lime Pie

Friday

Breakfast: Begin the day with Lithe Spring Clean Tea. Lauren's Protein Pancakes. Coffee or Tea (with almond milk or Dream Cream).

AM Snack: Lithe's Avococo Smoothie

Lunch: Litled Up Salad 4-6oz. lean protein of your choice with 2 cups green veggies. Season with fresh herbs and spices of your choice. Dress with a dash of Braggs or balsamic vinegar. Cook protein with 1 Tbsp. coconut oil. Something sweet: 1/2 cup blueberries.

3pm slump: Lithe Foods Green Juice & Lithe Bar

Dinner: Market Quinoa Salad

Dessert: Lithe Coconut Mango Pudding or Key Lime Pie