



Lithe Spring Clean

week 1

Monday

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

AM Snack: 1 apple & 1 tablespoon of almond butter & Lithe's 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: ½ cup blueberries.

3pm slump: Lauren's So Green Soup or Lithe Foods green juice & 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.

Dessert: 2 pieces of Lithe Fudge.

Tuesday

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

AM Snack: 1 apple & 1 tablespoon of almond butter & Lithe's 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: ½ cup blueberries.

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

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.

Dessert: 2 pieces of Lithe Fudge.



Lithe Spring Clean

Wednesday

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

AM Snack: 1 apple & 1 tablespoon of almond butter & Lithe's 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: ½ cup blueberries.

3pm slump: Lauren's So Green Soup & Lithe Foods green juice.

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.

Dessert: Lithe Skinny Cacao.

Thursday

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

AM Snack: 1 apple & 1 tablespoon of almond butter & Lauren's green 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: ½ cup blueberries.

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

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.

Dessert: Lithe Chocolate Covered Strawberries .

Friday

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

AM Snack: 1 apple & 1 tablespoon of almond butter & Lithe's 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: ½ cup blueberries.

3pm slump: Lauren's So Green Soup & Lithe Foods green juice.

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 .

Dessert: Lithe Coconut Sugared Grapefruit.