




























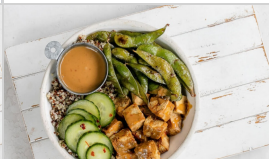
















Balanced Roots, LLC

**SUMMER RESET - Plant-Based
Plan Week 1 Preview**

Balanced Roots
<http://www.balancedrootsnutrition.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Strawberry Vanilla Protein Yogurt Parfait	 Strawberry Vanilla Protein Yogurt Parfait	 Strawberry Vanilla Protein Yogurt Parfait	 Grape & Coconut Protein Chia Pudding	 Grape & Coconut Protein Chia Pudding	 Nectarine Strawberry Smoothie	 Nectarine Strawberry Smoothie
Snack/Water	 Lemon Water	 Lemon Water	 Salty Edamame	 Blueberry Protein Smoothie	 Nectarine Strawberry Smoothie	 Salty Edamame	 Salty Edamame
Lunch	 Chickpea & Guacamole Pinwheels	 Chickpea & Guacamole Pinwheels	 Chickpea & Guacamole Pinwheels	 Edamame, Nori & Brown Rice Salad	 Edamame, Nori & Brown Rice Salad	 Crispy Caesar Chickpea, Couscous & Veggie Bowls	 Crispy Caesar Chickpea, Couscous & Veggie Bowls
Hydrate!	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water
Dinner	 Tofu & Quinoa Bowl with Peanut Sauce	 Tofu & Quinoa Bowl with Peanut Sauce	 Lentil & Broccoli Salad with Tahini Dressing	 Lentil & Broccoli Salad with Tahini Dressing	 Cheesy Chickpea Pasta	 Cheesy Chickpea Pasta	 Cheesy Chickpea Pasta
Snack	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Blueberry Protein Smoothie	 Tahini Chocolate Energy Balls	 Tahini Chocolate Energy Balls	 Tahini Chocolate Energy Balls	 Tahini Chocolate Energy Balls

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  38%	Fat  38%	Fat  32%	Fat  30%	Fat  30%	Fat  31%	Fat  31%
Carbs  36%	Carbs  36%	Carbs  41%	Carbs  46%	Carbs  47%	Carbs  48%	Carbs  48%
Protein  26%	Protein  26%	Protein  27%	Protein  24%	Protein  23%	Protein  21%	Protein  21%
Calories 1419	Calories 1419	Calories 1418	Calories 1448	Calories 1498	Calories 1450	Calories 1450
Fat 63g	Fat 63g	Fat 54g	Fat 52g	Fat 52g	Fat 59g	Fat 59g
Carbs 133g	Carbs 133g	Carbs 152g	Carbs 176g	Carbs 185g	Carbs 205g	Carbs 205g
Fiber 33g	Fiber 33g	Fiber 53g	Fiber 55g	Fiber 52g	Fiber 50g	Fiber 50g
Sugar 24g	Sugar 24g	Sugar 37g	Sugar 49g	Sugar 56g	Sugar 66g	Sugar 66g
Protein 96g	Protein 96g	Protein 100g	Protein 91g	Protein 93g	Protein 93g	Protein 93g
Cholesterol 8mg	Cholesterol 8mg	Cholesterol 8mg	Cholesterol 8mg	Cholesterol 8mg	Cholesterol 4mg	Cholesterol 4mg
Sodium 1582mg	Sodium 1582mg	Sodium 1765mg	Sodium 834mg	Sodium 1128mg	Sodium 2353mg	Sodium 2353mg
Vitamin A 430IU	Vitamin A 430IU	Vitamin A 3827IU	Vitamin A 4950IU	Vitamin A 2271IU	Vitamin A 4322IU	Vitamin A 4322IU
Vitamin C 112mg	Vitamin C 112mg	Vitamin C 227mg	Vitamin C 125mg	Vitamin C 70mg	Vitamin C 166mg	Vitamin C 166mg
Calcium 2175mg	Calcium 2175mg	Calcium 1719mg	Calcium 1302mg	Calcium 1697mg	Calcium 1278mg	Calcium 1278mg
Iron 15mg	Iron 15mg	Iron 19mg	Iron 19mg	Iron 18mg	Iron 21mg	Iron 21mg
Vitamin D 67IU	Vitamin D 67IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 101IU	Vitamin D 101IU	Vitamin D 101IU
Vitamin B12 5.2µg	Vitamin B12 5.2µg	Vitamin B12 5.2µg	Vitamin B12 2.6µg	Vitamin B12 39.4µg	Vitamin B12 37.5µg	Vitamin B12 37.5µg
Magnesium 526mg	Magnesium 526mg	Magnesium 531mg	Magnesium 421mg	Magnesium 323mg	Magnesium 419mg	Magnesium 419mg