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**SUMMER RESET - Gluten- &  
Dairy-Free Plan Week 1 Preview**

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Balanced Roots

<http://www.balancedrootsnutrition.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Oats with Berries	 Chocolate Protein Oats with Berries	 Chocolate Protein Oats with Berries	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Black Bean Egg White Omelette	 Black Bean Egg White Omelette
Breakfast	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages	 0.5 Chicken Breakfast Sausages	 0.5 Hard Boiled Eggs	 0.5 Hard Boiled Eggs	 Gut Healing Green Smoothie	 Gut Healing Green Smoothie
Lunch	 Chicken, Lettuce & Tomato Sandwich	 Chicken, Lettuce & Tomato Sandwich	 Mason Jar Chicken Burrito Bowl	 Mason Jar Chicken Burrito Bowl	 Mason Jar Chicken Burrito Bowl	 Chicken & Chickpea Pasta Salad	 Chicken & Chickpea Pasta Salad
Dinner	 Chili Lime Shrimp Tacos	 Chili Lime Shrimp Tacos	 Chicken & Veggie Stir Fry	 Chicken & Veggie Stir Fry	 Chicken & Veggie Stir Fry	 Sweet Potato & Pineapple Salad with Chicken	 Sweet Potato & Pineapple Salad with Chicken
Dinner	 2 Cauliflower Rice	 2 Cauliflower Rice	 Lemon Water	 Lemon Water	 Lemon Water	 Cauliflower Rice	 Cauliflower Rice
Snack	 Avocado Rice Cake	 Avocado Rice Cake	 Dark Chocolate, Blueberry & Walnut Cups	 Dark Chocolate, Blueberry & Walnut Cups	 Dark Chocolate, Blueberry & Walnut Cups	 Dark Chocolate, Blueberry & Walnut Cups	 Dark Chocolate, Blueberry & Walnut Cups

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  31%	Fat  33%	Fat  37%	Fat  37%	Fat  34%	Fat  34%
Carbs  40%	Carbs  40%	Carbs  43%	Carbs  37%	Carbs  37%	Carbs  37%	Carbs  37%
Protein  29%	Protein  29%	Protein  24%	Protein  26%	Protein  26%	Protein  29%	Protein  29%
Calories 1472	Calories 1472	Calories 1490	Calories 1497	Calories 1497	Calories 1468	Calories 1468
Fat 51g	Fat 51g	Fat 56g	Fat 62g	Fat 62g	Fat 58g	Fat 58g
Carbs 151g	Carbs 151g	Carbs 163g	Carbs 142g	Carbs 142g	Carbs 139g	Carbs 139g
Fiber 32g	Fiber 32g	Fiber 34g	Fiber 31g	Fiber 31g	Fiber 35g	Fiber 35g
Sugar 34g	Sugar 34g	Sugar 32g	Sugar 17g	Sugar 17g	Sugar 55g	Sugar 55g
Protein 110g	Protein 110g	Protein 94g	Protein 99g	Protein 99g	Protein 111g	Protein 111g
Cholesterol 399mg	Cholesterol 399mg	Cholesterol 230mg	Cholesterol 367mg	Cholesterol 367mg	Cholesterol 193mg	Cholesterol 193mg
Sodium 1488mg	Sodium 1488mg	Sodium 826mg	Sodium 806mg	Sodium 806mg	Sodium 1497mg	Sodium 1497mg
Vitamin A 2243IU	Vitamin A 2243IU	Vitamin A 2959IU	Vitamin A 2789IU	Vitamin A 2789IU	Vitamin A 8337IU	Vitamin A 8337IU
Vitamin C 217mg	Vitamin C 217mg	Vitamin C 141mg	Vitamin C 126mg	Vitamin C 126mg	Vitamin C 164mg	Vitamin C 164mg
Calcium 830mg	Calcium 830mg	Calcium 537mg	Calcium 336mg	Calcium 336mg	Calcium 378mg	Calcium 378mg
Iron 10mg	Iron 10mg	Iron 14mg	Iron 14mg	Iron 14mg	Iron 17mg	Iron 17mg
Vitamin D 51IU	Vitamin D 51IU	Vitamin D 51IU	Vitamin D 42IU	Vitamin D 42IU	Vitamin D 3IU	Vitamin D 3IU
Vitamin B12 1.3µg	Vitamin B12 1.3µg	Vitamin B12 1.4µg	Vitamin B12 1.6µg	Vitamin B12 1.6µg	Vitamin B12 0.7µg	Vitamin B12 0.7µg
Magnesium 355mg	Magnesium 355mg	Magnesium 432mg	Magnesium 396mg	Magnesium 396mg	Magnesium 479mg	Magnesium 479mg