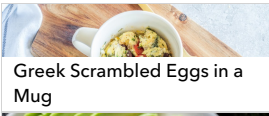
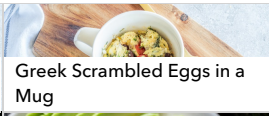
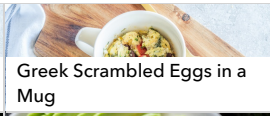










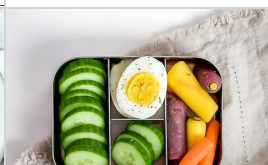
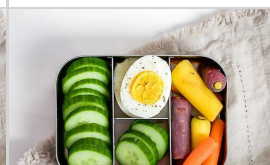





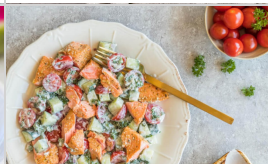























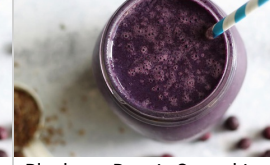




Balanced Roots, LLC

SUMMER RESET - Low-Glycemic Plan Week 1 Preview

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Greek Scrambled Eggs in a Mug	 Greek Scrambled Eggs in a Mug	 Greek Scrambled Eggs in a Mug	 Greek Yogurt, Chia Seeds, Fruit & Almonds	 Greek Yogurt, Chia Seeds, Fruit & Almonds	 Cottage Cheese with Cherries & Pumpkin Seeds	 Cottage Cheese with Cherries & Pumpkin Seeds
	 Avocado	 Avocado	 Avocado				
Breakfast	 Rice Cakes with Chia Jam	 Rice Cakes with Chia Jam	 Rice Cakes with Chia Jam	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Carrots & Guacamole	 Carrots & Guacamole
Lunch	 Turkey Kale Wraps	 Turkey Kale Wraps	 Turkey Kale Wraps	 Cucumber & Tomato Chopped Salad with Salmon	 Cucumber & Tomato Chopped Salad with Salmon	 Meal Prep Pesto Chicken & Veggies	 Meal Prep Pesto Chicken & Veggies
Dinner	 Spicy One Pot Beef & Veggies	 Spicy One Pot Beef & Veggies	 Spicy One Pot Beef & Veggies	 Grilled Chicken with Sundried Tomato Bruschetta	 Grilled Chicken with Sundried Tomato Bruschetta	 One Pan Cajun Shrimp & Sausage	 One Pan Cajun Shrimp & Sausage
Dinner	 2 Cauliflower Rice	 2 Cauliflower Rice	 2 Cauliflower Rice	 Steamed Mini Potatoes	 Steamed Mini Potatoes	 Cauliflower Rice	 Cauliflower Rice
Snack	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  42%	Fat  42%	Fat  42%	Fat  38%	Fat  38%	Fat  44%	Fat  44%
Carbs  25%	Carbs  25%	Carbs  25%	Carbs  30%	Carbs  30%	Carbs  25%	Carbs  25%
Protein  33%	Protein  33%	Protein  33%	Protein  32%	Protein  32%	Protein  31%	Protein  31%
Calories 1470	Calories 1470	Calories 1470	Calories 1482	Calories 1482	Calories 1500	Calories 1500
Fat 69g	Fat 69g	Fat 69g	Fat 64g	Fat 64g	Fat 76g	Fat 76g
Carbs 95g	Carbs 95g	Carbs 95g	Carbs 113g	Carbs 113g	Carbs 100g	Carbs 100g
Fiber 31g	Fiber 31g	Fiber 31g	Fiber 30g	Fiber 30g	Fiber 30g	Fiber 30g
Sugar 37g	Sugar 37g	Sugar 37g	Sugar 42g	Sugar 42g	Sugar 47g	Sugar 47g
Protein 124g	Protein 124g	Protein 124g	Protein 124g	Protein 124g	Protein 120g	Protein 120g
Cholesterol 527mg	Cholesterol 527mg	Cholesterol 527mg	Cholesterol 385mg	Cholesterol 385mg	Cholesterol 409mg	Cholesterol 409mg
Sodium 2772mg	Sodium 2772mg	Sodium 2772mg	Sodium 938mg	Sodium 938mg	Sodium 3140mg	Sodium 3140mg
Vitamin A 8720IU	Vitamin A 8720IU	Vitamin A 8720IU	Vitamin A 16187IU	Vitamin A 16187IU	Vitamin A 27071IU	Vitamin A 27071IU
Vitamin C 288mg	Vitamin C 288mg	Vitamin C 288mg	Vitamin C 141mg	Vitamin C 141mg	Vitamin C 245mg	Vitamin C 245mg
Calcium 666mg	Calcium 666mg	Calcium 666mg	Calcium 1662mg	Calcium 1662mg	Calcium 861mg	Calcium 861mg
Iron 16mg	Iron 16mg	Iron 16mg	Iron 14mg	Iron 14mg	Iron 14mg	Iron 14mg
Vitamin D 103IU	Vitamin D 103IU	Vitamin D 103IU	Vitamin D 1055IU	Vitamin D 1055IU	Vitamin D 6IU	Vitamin D 6IU
Vitamin B12 5.0µg	Vitamin B12 5.0µg	Vitamin B12 5.0µg	Vitamin B12 8.4µg	Vitamin B12 8.4µg	Vitamin B12 3.1µg	Vitamin B12 3.1µg
Magnesium 354mg	Magnesium 354mg	Magnesium 354mg	Magnesium 314mg	Magnesium 314mg	Magnesium 486mg	Magnesium 486mg