



Balanced Roots, LLC

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

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blended Raspberry Protein Chia Pudding	 Blended Raspberry Protein Chia Pudding	 Berry Yogurt Chia Pudding	 Berry Yogurt Chia Pudding	 Grape & Coconut Protein Chia Pudding	 Grape & Coconut Protein Chia Pudding	 Grape & Coconut Protein Chia Pudding
Breakfast	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box
Lunch	 Salmon Chopped Salad	 Salmon Chopped Salad	 Tuna, Chickpea & Avocado Salad	 Tuna, Chickpea & Avocado Salad	 Cottage Cheese Greek Chicken Bowl	 Cottage Cheese Greek Chicken Bowl	 Cottage Cheese Greek Chicken Bowl
Dinner	 Sofrito Chicken	 Sofrito Chicken	 Sofrito Chicken	 Lemon Garlic Shrimp Spaghetti Squash	 Deconstructed Beef Fajita Bowls	 Lemon Garlic Shrimp Spaghetti Squash	 Deconstructed Beef Fajita Bowls
Hydrate!	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water
Snack	 High-Protein Chocolate Bars	 High-Protein Chocolate Bars	 High-Protein Chocolate Bars	 Cherry & Blueberry Protein Smoothie	 Simple Vanilla Protein Shake	 Blueberry Protein Smoothie	 Simple Vanilla Protein Shake

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  40%	Fat  38%	Fat  39%	Fat  34%	Fat  39%
Carbs  29%	Carbs  29%	Carbs  28%	Carbs  34%	Carbs  26%	Carbs  33%	Carbs  26%
Protein  38%	Protein  38%	Protein  32%	Protein  28%	Protein  35%	Protein  33%	Protein  35%
Calories 1479	Calories 1479	Calories 1450	Calories 1497	Calories 1418	Calories 1493	Calories 1418
Fat 55g	Fat 55g	Fat 66g	Fat 66g	Fat 63g	Fat 59g	Fat 63g
Carbs 109g	Carbs 109g	Carbs 104g	Carbs 135g	Carbs 95g	Carbs 127g	Carbs 95g
Fiber 32g	Fiber 32g	Fiber 35g	Fiber 42g	Fiber 31g	Fiber 37g	Fiber 31g
Sugar 60g	Sugar 60g	Sugar 36g	Sugar 38g	Sugar 35g	Sugar 43g	Sugar 35g
Protein 144g	Protein 144g	Protein 121g	Protein 111g	Protein 128g	Protein 129g	Protein 128g
Cholesterol 336mg	Cholesterol 336mg	Cholesterol 270mg	Cholesterol 250mg	Cholesterol 405mg	Cholesterol 511mg	Cholesterol 405mg
Sodium 1346mg	Sodium 1346mg	Sodium 1079mg	Sodium 1321mg	Sodium 3226mg	Sodium 3005mg	Sodium 3226mg
Vitamin A 4488IU	Vitamin A 4488IU	Vitamin A 2623IU	Vitamin A 4688IU	Vitamin A 18883IU	Vitamin A 20264IU	Vitamin A 18883IU
Vitamin C 174mg	Vitamin C 174mg	Vitamin C 135mg	Vitamin C 138mg	Vitamin C 327mg	Vitamin C 251mg	Vitamin C 327mg
Calcium 1131mg	Calcium 1131mg	Calcium 1105mg	Calcium 1716mg	Calcium 1660mg	Calcium 1523mg	Calcium 1660mg
Iron 13mg	Iron 13mg	Iron 17mg	Iron 16mg	Iron 13mg	Iron 12mg	Iron 13mg
Vitamin D 1247IU	Vitamin D 1247IU	Vitamin D 144IU	Vitamin D 214IU	Vitamin D 123IU	Vitamin D 51IU	Vitamin D 123IU
Vitamin B12 11.3µg	Vitamin B12 11.3µg	Vitamin B12 4.0µg	Vitamin B12 2.8µg	Vitamin B12 5.6µg	Vitamin B12 4.3µg	Vitamin B12 5.6µg
Magnesium 356mg	Magnesium 356mg	Magnesium 385mg	Magnesium 434mg	Magnesium 285mg	Magnesium 386mg	Magnesium 285mg