

# Meal Plan for Joint Health and Athletic Performance (week 1)

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<u>Crustless quiche w/ summer squash</u>  bacon sweet potato	Leftover <u>Curry chicken</u> steamed broccoli	Green Shake: 1/2 cucumber 5 leaves chard and/ or kale 1 green apple 1/4 lemon 1/2 inch ginger root Boiled eggs	<u>Vegetable pancakes</u>	Fried eggs Sauteed vegetables: 1 Tbsp coconut oil 1/2 cup mushrooms 1 cup fresh spinach 1 clove garlic	Guacamole and sliced turkey	Whey protein powder shake with spinach and coconut oil or 1/2 avocado w/ sea salt
<b>Lunch</b>	<u>Baked mustard/ lime chicken</u>	<u>wild salmon over spinach</u>	Tuna Romaine lettuce wrap leftover wild rice, raw sauerkraut	<u>Chicken Veggie Salad with Avocado Herb Dressing</u>	Beet greens with wild canned salmon lemon juice/extra virgin olive oil	Leftover <u>Moroccan Chicken Casserole</u> , 1 cup sauteed greens(dandelion, arugula, chard, beet)	3 soft boiled free range eggs, sliced cucumber
<b>Dinner</b>	<u>Curry chicken</u> sauteed green beans with onions and cauliflower	<u>Broccoli rabe pesto with baked cod</u> , Wild rice with butter, sauteed greens: beet greens/chard, spinach, garlic	<u>Spicy chicken vegetable Chili</u>	<u>Garlicky Roasted Shrimp and Swiss Chard</u>	<u>Moroccan Chicken Casserole</u>	Paleo vegetable chili (recipe included). coconut juice	<u>Plank Roasted Salmon with Squash Medley</u>