

# F-FACTOR STEP 1 MEALPLAN

@CAROLINEBASSHEALTH

	MORNING	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Apple cider vinegar & water Probiotics, Vit. B-Complex, Liquid collagen	Berries; Celery, Spinach & Hemp protein Green smoothie	Arugula salad with veggies & wild tuna	Zoodles with Gardein meatballs in tomato sauce	GG crackers with Kite Hill and Everything but the Bagel spice
TUESDAY	Apple cider vinegar & water Probiotics, Vit. B-Complex, Liquid collagen	Berries; Celery, Spinach & Hemp protein Green smoothie	Taco Tuesday: Lettuce shells with cabbage & wild cod	Rainbow salad, TJ's veggie burger on 4 GG's	GG crackers with 2 Tbsp PB2 & high fiber flax/chia jam
WEDNESDAY	Apple cider vinegar & water Probiotics, Vit. B-Complex, Liquid collagen	Berries; Celery, Spinach & Hemp protein Green smoothie	Rainbow salad with Gardein tenders	Arugula salad w/Artichoke & wild cod	Carrots/ cucumbers/celery with hummus
THURSDAY	Apple cider vinegar & water Probiotics, Vit. B-Complex, Liquid collagen	Berries; Celery, Spinach & Hemp protein Green smoothie	Chopped Israeli salad w/egg white omelet & 4 GG's	Steamed Artichoke w/Gardein veggie meatballs	GG crackers with Kite Hill and Everything but the Bagel spice
FRIDAY	Apple cider vinegar & water Probiotics, Vit. B-Complex, Liquid collagen	Berries; Celery, Spinach & Hemp protein Green smoothie	Arugula & butter lettuce w/broccoli & tofu	Miso Soup, green salad & TJ veggie burger on GG's	Carrots/ cucumbers/celery with hummus

## F Plan Diet

**Brenda Watson, C.N.C., Leonard Smith,  
M.D., Jamey Jones, B.Sc.**

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