

The Healing Phase Meal Planner with Recipes

HEALING PHASE WEEK 1 MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast 7–9 a.m.	F	E/D	G	F	E/D	G	V
	Dr. Aviv's Berry Smoothie Blast	Spinach Omelet	Banana Oatmeal	Dr. Aviv's Berry Smoothie Blast	Broccoli Omelet	Pear Oatmeal	Green Juice
Morning Mini-Meal 10–11 a.m.	V	F	V	E/D	F	E/D	N
	Guac Tapenade Toast	Fresh fruit (8 ounces)	Raw veggies	Hard-boiled egg	Fresh fruit (8 ounces)	Mozzarella Herb Toast	Toast with almond butter and honey
Lunch 12:30–2:00 p.m.	AP	V	AP	V	V	AP	AP
	Dr. Aviv's Healthy Chicken Nuggets and asparagus	High-Fiber Salad	Pesto Chicken Sandwich	Kale Wrap with Guac Tapenade	Vegetable Pasta Salad	Colorful Chicken Salad	Broiled Herbed Salmon with Steamed Spinach
Afternoon Mini-Meal 3–4 p.m.	N/F	N	F	N	N	F	F
	Dr. Aviv's Power Bar	Assorted tree nuts	Fresh fruit (6–7 ounces)	Toast with almond butter	Assorted tree nuts	Fresh fruit (5–6 ounces)	Fresh fruit (8 ounces)
Dinner 6–7:30 p.m.	V	AP	V	AP	AP	V	V
	Kale "Cobb" Salad	Miso-Agave- Glazed Halibut with Sesame Bok Choy	Cream of Broccoli Soup with Pepitas and Sweet Potato Fries	Turkey Burger with Arugula- Ginger Salad	Fish and Chips	Papaya Salad	Roasted Vegetable Sandwich