

# High Fiber + Power Greens Meal Plan



## M I C R O G R E E N   G O D D E S S   D E E P   D I S H

**Raw Spinach, Microgreens, Raw Cucumbers, Bell Pepper (de-seeded), Quinoa, Sesame Seeds, lightly covered in Annie's Goddess Dressing.**

Can use fresh squeezed lemon juice + olive oil instead of fancy dressings.

## D E T O X I F Y I N G   L E M O N   Z E S T   B E E T   R O O T   B O W L

**Raw (ready to eat) Beets, Shredded Carrots, Purple Cabbage, & Tabbouleh. Topped with Hemp Hearts & drizzled using Annie's Lemon & Chive Dressing.**

Can use fresh squeezed lemon juice + olive oil/ Balsamic GLAZE instead of fancy dressings.

## H A R V E S T   B U D D H A   B O W L

**Raw Kale, Sweet Potatoes (can eat raw/cooked), Brussels Sprouts, Teff (ancient grain), Avocado, & topped with Pumpkin Seeds (Pepitas), covered in Olive Oil + Raw Tahini Sesame Seed Butter**

**Preparation: Wash, pat dry produce, slice produce into smaller portions, if needed cook ingredients. Mix together ingredients into bowl and drizzle favorite dressing over the top!**



## SHOPPING LIST



### V E G E T A B L E S / F R U I T S

**Raw Spinach, Raw Kale, Lettuce, Microgreens, Cucumbers, Brussels Sprouts, Purple Cabbage, Shredded Carrots, (ready to eat) Beets, Bell Pepper, Sweet Potatoes, Avocados**

### D I P S / S P R E A D S

**Annie's Goddess Dressing Lemon, Annie's Chive Dressing, Raw Tahini Sesame Seed Butter, and/or drizzle Olive Oil + Balsamic GLAZE.**

### O T H E R / P R O T E I N S

**Sesame Seeds, Pumpkin Seeds (Pepitas), Hemp Hearts, Tabbouleh, Quinoa, Teff (ancient grain)**

MEAL PLAN PROVIDED BY  
JACLYN CREATIONS