14-Day Fat Furnace Sample menu



(Remember this is just a guide-feel free to get creative and design your own plan!)

	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday	Day 6 Saturday	Day 7 Sunday
Wake-Up:	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic
Breakfast	Green Juice -or- Smoothie	Green Juice -or- Smoothie	Green Juice -or- Smoothie	Green Juice -or- Smoothie (can add raw protein to smoothie)	Green Juice -or- Smoothie (can add raw protein to smoothie)	Green Juice -or- Smoothie	Green Juice -or- Smoothie
Snack	Water -or- herbal tea	Water -or- herbal tea	1 cup fresh sliced veggies	Vanilla Chia Power Pudding	Vanilla Chia Power Pudding	Seaweed Salad	Hummus with 1 cup fresh sliced veggies
Lunch	Collard wrap w/ avocado & lots of veggies	Collard wrap w/ avocado & lots of veggies	Large Veggie salad and apple cider vinaigrette	Leftover Detox Vegetable Soup & an apple	Sliced Turkey (non- processed) with ½ Sweet Potato and 1 cup Veggies	Big Salad w/ Pear, Raw Pecans, Avocado, & Balsamic Vin.	Smoothie with Raw Protein Powder
Snack	Water -or- herbal tea	Leftover Gazpacho	Apple w/ Almond Butter	Handful of Raw Nuts	Hummus with 1 cup fresh sliced veggies	Leftover Vegetable Soup	Chocolate Avocado Pudding!
Dinner	Gazpacho & Veggie salad w/ fresh squeezed Lemon for Dressing	Large Veggie salad w/ fresh squeezed Lemon for Dressing	Bowl of Detox Vegetable Soup with sliced Avocado	Citrus Fish Tacos	Kale, Mango, and Avocado Salad with Seared Tuna + 1 glass Kombucha	Leftover Tuna on a Collard Veggie Wrap	Grilled Chicken with Sauerkraut, ½ Sweet Potato & Steamed Asparagus
Before Bed	herbal tea	herbal tea	herbal tea	herbal tea	herbal tea	herbal tea	herbal tea

Week 2 - Sample menu



	Day 8 Monday	Day 9 Tuesday	Day 10 Wednesday	Day 11 Thursday	Day 12 Friday	Day 13 Saturday	Day 14 Sunday
Wake- Up:	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic
Breakfas t	Green Juice -or- Smoothie	Green Juice -or- Smoothie	Green Juice -or- Smoothie	Green Juice -or- Smoothie (can add raw protein to smoothie)	Green Juice -or- Smoothie (can add raw protein to smoothie)	Green Juice -or- Smoothie	Green Juice -or- Smoothie
Snack	Vanilla Chia Power Pudding	1 cup fresh sliced veggies	Apple w/ Almond Butter	Vanilla Chia Power Pudding	Vanilla Chia Power Pudding	Seaweed Salad	Hummus with 1 cup fresh sliced veggies
Lunch	Large Veggie salad with avocado and apple cider vinaigrette	Leftover Mom's Chicken Soup with an Apple	Collard wrap w/ avocado & lots of veggies	Leftover Detox Vegetable Soup & an apple	Sliced Turkey (non-processed) with ½ Sweet Potato and 1 cup Veggies	Big Salad w/ Pear, Raw Pecans, Avocado, & Balsamic Vin.	Smoothie with Raw Protein Powder
Snack	Water -or- herbal tea	Handful of Raw Nuts	Seaweed Salad	Handful of Raw Nuts	Hummus with 1 cup fresh sliced veggies	Leftover Vegetable Soup	Chocolate Avocado Pudding!
Dinner	Bowl of Mom's Chicken Soup + 1 glass Kombucha	Large Veggie salad With Mint & Basil Dressing	Sliced Turkey with Sauerkraut, ½ Sweet Potato & Steamed Broccoli	Citrus Fish Tacos	Kale, Mango, and Avocado Salad with Seared Tuna + 1 glass Kombucha	Leftover Tuna on a Collard Veggie Wrap	Grilled Chicken with Sauerkraut, ½ Sweet Potato & Steamed Asparagus
Before Bed	herbal tea	herbal tea	herbal tea	herbal tea	herbal tea	herbal tea	herbal tea