



# MENU

HIGHWAY 2 WELL'S

## MEALS TO GLOW

DAY 1

Berry Overnight Oats with Chia Seeds  
Sweet Dreams are Made of Greens Juice  
Kale Salad with Currants and Toasted Sesame Seeds  
Homemade Trail Mix  
Sautéed Broccoli and Brown Rice

DAY 2

Sweet Dreams are Made of Greens Juice  
Crispy Kale Chips with Himalayan Pink Sea Salt  
Beet Salad with Savory Mint Pesto  
Crisp Veggies and Garlic Hummus  
Perfect Pineapple and Avocado Gazpacho

DAY 3

Tropical Overnight Oat Parfait  
Baked Apple with Raisins and Cinnamon  
Cooling Mango and Avocado Salad with Balsamic Vinaigrette  
Steamed Edamame with Himalayan Pink Sea Salt  
Quinoa with Sautéed Butternut Squash, Scallions and Parsley

DAY 4

View to a Kale Juice  
Fresh Fruit Salad  
GLOW Arugula Salad with Beets, Chickpeas and Hardboiled Egg  
Cucumber and Red Onion Salad  
Cauliflower Bake

DAY 5

GLOW Bar  
View to a Kale Juice  
Zucchini "Pasta" with Pesto  
Crisp Veggies and Guacamole  
Sweet Potato Stew