

Numinis

30 Day Meal Plan



Numinis 30 Day Eat Healthier Challenge

Goals for This Month:

1. Make Better Food Choices.
2. Avoid Toxins and Processed Foods.
3. Improve your lifestyle.

Key Points:

- Eat at least 5 times a day.
- Eat **every three hours.**
- Drink a lot of water.
- Clear your pantry/kitchen of processed foods.

For vegetarians/vegans/those with parosmia:

Substitute Chicken with Tempe.

Substitute Turkey with Tofu.

Substitute Fish with an Edamame Bowl.

Substitute Eggs with Lentils

Day 1:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast with steamed broccoli or cauliflower
- Option 2: 1 Grilled or Cooked Turkey Breast with steamed broccoli or cauliflower

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 2:

Breakfast:

- Option 1: Ezekiel bread with vegan cream cheese and smoked salmon
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of cashews

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: Tofu and/or mushroom bowl over rice, spring mix, carrots, and cucumbers, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Tilapia, steamed broccoli or cauliflower, and 1 fruit of choice

Day 3:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 2 fruits of choice

Dinner:

- Option 1: Portobello mushroom caps topped with pesto and parmesan cheese, and one fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, vegetable of choice, and 1 fruit of choice

Day 4:

Breakfast:

- Option 1: Multigrain Wasa Crackers with vegan cream cheese and smoked salmon
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of cashews

Lunch:

- Option 1: 1 Tuna steak, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, vegetable of choice, and 1 fruit of choice

Snack:

- 2 fruits of choice

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast with Brussel Sprouts
- Option 2: 1 Grilled or Cooked Salmon with Brussel Sprouts

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 5:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Mushrooms
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled Tofu over rice, with vegetables of choice, and 1 fruit of choice

Snack:

- 2 fruits of choice

Dinner:

- Option 1: 1 Grilled or Salmon, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled or Turkey Breast, vegetable of choice, and 1 fruit of choice

Day 6:

Breakfast:

- Option 1: Egg White Omelette with Mushrooms and Cherry Tomatoes
- Option 2: Avocado toast with Ezekiel bread and 1 poached egg

Snack:

- 2 fruits of choice

Lunch:

- Option 1: Tuna Steak, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice

Snack:

- 2 fruits of choice and 1 serving of almonds

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, Brussel Sprouts, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Brussel Sprouts, and 1 fruit of choice

Day 7:

Breakfast:

- Option 1: Ezekiel Bread with vegan cream cheese and smoked salmon
- Option 2: Protein Shake with Almond Milk, PB2, and Stevia

Snack:

- 1 Apple or 1 Pear

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Quinoa Burger with Ezekiel Bread, vegetable of choice, and 2 fruits of choice

Snack:

- 2 fruits of choice

Dinner:

- Option 1: Tuna Avocado and/or Salmon Avocado sushi with a vegetable of choice
- Option 2: 1 Grilled or Cooked Turkey Breast with a vegetable of choice

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 8:

Breakfast:

- Option 1: Egg White Omelette with Mushrooms and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, 1 fruit of choice, and ¼ of an avocado
- Option 2: 1 Grilled or Cooked Salmon, vegetable of choice, 1 fruit of choice, and ¼ of an avocado

Snack:

- 2 fruits of choice

Dinner:

- Option 1: 1 Grilled or Cooked Tilapia, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled or Turkey Breast, vegetable of choice, and 1 fruit of choice

Day 9:

Breakfast:

- Option 1: Multigrain Wasa Crackers with vegan cream cheese
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, vegetable of choice, and 1 fruit of choice

Snack:

- 2 fruits of choice

Dinner:

- Option 1: Portobello Burger with cooked sweet potatoes, and 1 fruit of choice
- Option 2: 1 Grilled or Turkey Breast, vegetable of choice, and 1 fruit of choice

Day 10:

Breakfast:

- Option 1: Egg White Omelette with Mushrooms and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear

Lunch:

- Option 1: 1 Salmon Burger with kale, quinoa, and ezeziel bread, vegetable of choice, 1 fruit of choice, and ¼ of an avocado
- Option 2: 1 Grilled or Cooked Chicken Breast, vegetable of choice, 1 fruit of choice, and ¼ of an avocado

Snack:

- 2 fruits of choice

Dinner:

- Option 1: Grilled Tofu and mushrooms with a vegetable of choice
- Option 2: 1 Grilled or Turkey Breast with a vegetable of choice

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 11:

Breakfast:

- Option 1: Avocado Toast on Ezekiel bread with cherry tomatoes and a poached egg
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, 1 fruit of choice, and ¼ of an avocado

- Option 2: 1 Bowl of quinoa, vegetable of choice, 1 fruit of choice, and ¼ of an avocado

Snack:

- 2 fruits of choice

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Bowl of quinoa with mushrooms and tofu, vegetables of choice, and 1 fruit of choice

Day 12:

Breakfast:

- Option 1: Egg White Omelette with Mushrooms and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 fruit of choice

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, 1 fruit of choice, and ¼ of an avocado

- Option 2: 1 Grilled or Cooked Salmon, vegetable of choice, 1 fruit of choice, and ¼ of an avocado

Snack:

- 2 fruits of choice

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled Tilapia, vegetable of choice, and 1 fruit of choice

Day 13:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice

- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast with Brussel Sprouts
- Option 2: 1 Grilled or Cooked Turkey Breast with Brussel Sprouts

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 14:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Avocado toast with Ezekiel bread and 1 poached egg

Snack:

- 1 Apple or 1 Pear and 1 serving of cashews

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Portobello Pizza, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Tuna Steak, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Turkey Breast, vegetable of choice, and 1 fruit of choice

Day 15:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of cashews

Lunch:

- Option 1: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Turkey Breast, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, steamed broccoli or cauliflower, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Tilapia, steamed broccoli or cauliflower, and 1 fruit of choice

Day 16:

Breakfast:

- Option 1: Scrambled Eggs with Turkey
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of cashews

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, vegetable of choice, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, vegetable of choice, and 1 fruit of choice
- Option 2: Tofu and mushrooms over rice with veggies of choice, and 1 fruit of choice

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 17:

Breakfast:

- Option 1: Multigrain Wasa Crackers with vegan cream cheese and smoked salmon
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled Tilapia, steamed broccoli or cauliflower, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Day 18:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, steamed broccoli or cauliflower, and 1 fruit of choice
- Option 2: Portobello Pizza

Day 19:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: Portobello Mushroom Caps topped with pesto and parmesan cheese
- Option 2: 1 Grilled or Cooked Turkey Breast with steamed broccoli or cauliflower

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 20:

Breakfast:

- Option 1: Avocado Toast on Ezekiel Bread with cherry tomatoes and a poached egg
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Salmon Avocado and/or Tuna Avocado Sushi Rolls, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, steamed broccoli or cauliflower, and 1 fruit of choice

- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Day 21:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, steamed broccoli or cauliflower, and 1 fruit of choice

- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Day 22:

Breakfast:

- Option 1: Multigrain Wasa Crackers with Vegan Cream Cheese and Smoked Salmon
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: Portobello Pizza

- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Day 23:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: Tofu and Mushrooms over rice with vegetables of choice

- Option 2: 1 Grilled or Cooked Turkey Breast with steamed broccoli or cauliflower

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 24:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Tilapia, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, steamed broccoli or cauliflower, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Day 25:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, steamed broccoli or cauliflower, and 1 fruit of choice
- Option 2: 1 Grilled Tuna Steak, steamed broccoli or cauliflower, and 1 fruit of choice

Day 26:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast with steamed broccoli or cauliflower
- Option 2: 1 Grilled or Cooked Turkey Breast with steamed broccoli or cauliflower

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 27:

Breakfast:

- Option 1: Avocado Toast with Smoked Salmon and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: 1 Grilled or Cooked Tilapia, steamed broccoli or cauliflower, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Day 28:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: Portobello Pizza
- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Day 29:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- 1 Apple or 1 Pear

Dinner:

- Option 1: Portobello Burger with Sweet Potatoes
- Option 2: 1 Grilled or Cooked Turkey Breast with steamed broccoli or cauliflower

Dessert:

- Blackberries, blueberries and raspberries, in a cup of Kite Hill almond yogurt, with Lily's sugar free dark chocolate chips

Day 30:

Breakfast:

- Option 1: Egg White Omelette with Spinach and Cherry Tomatoes
- Option 2: Protein Shake with Almond Milk, Berries and Spinach

Snack:

- 1 Apple or 1 Pear and 1 serving of almonds

Lunch:

- Option 1: 1 Grilled or Cooked Chicken Breast, Spinach Salad, and 1 fruit of choice

- Option 2: 1 Grilled or Cooked Salmon, Spinach Salad, and 1 fruit of choice

Snack:

- Blackberries, blueberries, and raspberries

Dinner:

- Option 1: 1 Grilled or Cooked Chicken Breast, steamed broccoli or cauliflower, and 1 fruit of choice
- Option 2: 1 Grilled or Cooked Turkey Breast, steamed broccoli or cauliflower, and 1 fruit of choice

Shopping List:

- Eggs (Egg Whites)
- Apples
- Pears
- Oranges
- Berries
- Almond Milk
- PB2 Powdered Peanut Butter
- Grass-Fed Organic Whey Protein Powder
- Salmon
- Chicken Breast
- Turkey Breast
- Tuna
- Portobello Mushrooms
- Mushrooms

- Mozzarella Cheese
- Organic Tomato Sauce
- Broccoli
- Brussel Sprouts
- Cucumber
- Asparagus
- Kale
- Cauliflower
- Baby Spinach
- Baby Tomatoes
- Limes or Lemons
- Almonds
- Cashews
- Avocado
- Stevia packets

- Kite Hill Almond Milk Yogurt
- Lily's Dark Chocolate Baking Chips (sugar free)
- Blackberries
- Blueberries
- Raspberries