

# ENLIGHTENED MEAL PLAN

Enlighten your life with high vibration foods for the week. We make eating healthy easy by planning out your day for you, preparing the foods and having it ready for you to pick up. Each day is formulated to give you a balanced day of minerals and nutrients so that you feel energized and blissfully healthy.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8am AWAKEN	<b>Protein Warrior Smoothie</b> <i>banana, blueberry, almond butter, spirulina</i>	<b>Fruit &amp; Granola Parfait with Cashew Coconut Yogurt</b> <i>cashew yogurt, seasonal fruit, housemade granola</i>	<b>Health Nut Smoothie</b> <i>low glycemic, high protein green smoothie</i>	<b>Carrot Spice Muffin and hot tea</b> <i>our raw muffin and gynostemma tea</i>	<b>Chili Chocolate Granola Bowl</b> <i>chili chocolate granola with housemade almond milk, banana and bee pollen</i>
10am ALKALIZE	<b>Pure</b> <i>greens, cucumber, celery, ginger, lemon</i>	<b>Fall Detox</b> <i>beet, carrot, apple, lemon, ginger, celery</i>	<b>Green Goddess</b> <i>lemon, apple, ginger, greens</i>	<b>Bloody Beet</b> <i>celery, red pepper, carrot, lemon, beet, fermented veggie juice</i>	<b>Pure</b> <i>greens, cucumber, celery, ginger, lemon</i>
12pm FUEL	<b>Mini Buddha Bowl</b> <i>greens, kale, carrot, beet, fermented veggies, tahini dressing, avocado, sprouts</i>	<b>Quinoa Burger Wraps with raw cookie</b> <i>sweet potato quinoa burger wrapped in collard leaf</i>	<b>Entrée of the day</b> <i>fresh seasonal entrée – vegan, organic and gluten-free</i>	<b>Bagel and Hummus Lunchbox</b> <i>bagel half with housemade hummus and sprouts</i>	<b>Mini Buddha Bowl</b> <i>greens, kale, carrot, beet, fermented veggies, tahini dressing, avocado, sprouts</i>
2pm ENERGIZE	<b>E3 Live Brain On Shot</b> <i>with E3 EFA and blue green algae</i>	<b>Chocolate Reishi Fudge</b> <i>superfood housemade fudge</i>	<b>Ginger Turmeric Immune Boost</b> <i>fresh juiced lemon, ginger and turmeric</i>	<b>Chocolate Chip Cookie</b> <i>housemade raw cookie</i>	<b>Chocolate Coconut Macaroon</b> <i>housemade raw cookie</i>
5pm NOURISH	<b>Seasonal Soup and Flax Crackers</b> <i>nourishing soup of the day with our housemade crackers</i>	<b>Raw Pizza &amp; Salad</b> <i>almond veggie crust with seasonal veggie toppings with seasonal salad</i>	<b>Salad of the Moment</b> <i>seasonal greens, and veggies with housemade dressing with side of crackers</i>	<b>Quinoa Burger Wraps with Honey Spice Kale Salad</b> <i>sweet potato quinoa burger wrapped in collard leaf</i>	<b>Seasonal Soup and half Carrot Spice Muffin</b> <i>nourishing soup of the day with our signature carrot spice muffin</i>
8pm INFUSE	<b>Blissful You shot</b> <i>reishi, ginseng, gynostemma and astragalus</i>	<b>Luminous Glow Shot</b> <i>Gynostemma, schizandra and goji</i>	<b>Hot Gynostemma tea</b> <i>Ezra's house longevity tea</i>	<b>Diamond Mind</b> <i>ginko, rhodiola, schizandra</i>	<b>Hot Gynostemma tea</b> <i>Ezra's house longevity tea</i>

/ezrasenlightenedcafe

@ezrasraw

@ezrasrawcafe

#enlightenyourplate

1 DAY ♥ \$57

3 DAY ♥ \$165

5 DAY ♥ \$270

free tote bag with any plan • 10% off any retail purchase on the of pick up  
free class with 5-day meal plan

Call **317-255-3972**  
to reserve your meal plan



ezrasenlightenedcafe.com