

14 Days Functional Wholefoods Diet

DAY ONE

Quinoa Porridge

BREAKFAST

Ingredients

- 1/2 cup quinoa, rinsed - 1 cup almond milk
- 1/2 tsp cinnamon - 1/4 cup mixed berries

Instructions

1. In a saucepan, combine quinoa, almond milk, and cinnamon.
2. Bring to a boil, then reduce heat and simmer for 15-20 minutes.
3. Top with mixed berries before serving.

Chickpea and Veggie Salad

Lunch

Ingredients

- 1 cup chickpeas (cooked or canned)
- 1 cup mixed veggies (e.g., cucumber, bell peppers, cherry tomatoes)
- 1/4 cup chopped fresh parsley - Juice of 1 lemon
- 2 tbsp olive oil - Salt and pepper to taste

Instructions

1. Combine chickpeas, mixed veggies, and parsley in a bowl.
2. In a separate bowl, whisk together lemon juice, olive oil, salt, and pepper.
3. Pour dressing over the salad and toss to combine.



Life works

HEALTH & WELLBEING COACH



DAY ONE

Baked Salmon with Roasted Vegetables

Dinner

Ingredients

6 oz salmon fillet - 1 cup broccoli florets

1 cup carrots, sliced - 1 tbsp olive oil

1/2 tsp garlic powder - 1/2 tsp dried thyme

Instructions

1. Preheat oven to 400°F (200°C).
2. Place salmon on a baking sheet lined with parchment paper.
3. Toss broccoli and carrots with olive oil, garlic powder, and thyme. Spread them on the same baking sheet.
4. Bake for 15-20 minutes or until salmon is cooked through and veggies are tender.

Nutrition Information

BREAKFAST

Nutrition (approximate): 350 calories, 10g protein, 60g carbohydrates, 8g fiber, 8g fat.

Lunch

Nutrition (approximate): 400 calories, 14g protein, 50g carbohydrates, 15g fiber, 18g fat.

Dinner

Nutrition (approximate): 500 calories, 35g protein, 20g carbohydrates, 5g fiber, 30g fat.



Life works

HEALTH & WELLBEING COACH



DAY TWO

Oatmeal with Nut Butter

BREAKFAST

Ingredients

- 1/2 cup rolled oats
- 1 cup water
- 1 tbsp almond butter
- 1/2 banana, sliced

Instructions

1. Cook oats with water according to package instructions.
2. Top with almond butter and banana slices.

Quinoa and Black Bean Bowl

Lunch

Ingredients

- 1/2 cup cooked quinoa
- 1/2 cup black beans (canned or cooked)
- 1/2 cup corn kernels (fresh or frozen)
- 1/4 avocado, sliced
- 2 tbsp salsa

Instructions

1. Combine quinoa, black beans, and corn in a bowl.
2. Top with avocado slices and salsa.



Life works

HEALTH & WELLBEING COACH



DAY TWO

Grilled Chicken with Steamed Asparagus



Dinner

Ingredients

- 6 oz grilled chicken breast
- 1 cup steamed asparagus
- 1 tbsp olive oil
- Lemon zest and juice for flavor

Instructions

1. Season chicken with olive oil, salt, pepper, and lemon zest.
2. Grill until cooked through.
3. Steam asparagus and drizzle with lemon juice before serving.



Nutrition Information

BREAKFAST

Nutrition (approximate): 350 calories, 10g protein, 50g carbohydrates, 8g fiber, 12g fat.

Lunch

Nutrition (approximate): 400 calories, 12g protein, 70g carbohydrates, 10g fiber, 8g fat.

Dinner

Nutrition (approximate): 450 calories, 40g protein, 10g carbohydrates, 5g fiber, 20g fat.



Life works

HEALTH & WELLBEING COACH



DAY Three

Greek Yogurt Parfait

BREAKFAST

Ingredients

- 1 cup Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp honey
- 2 tbsp chopped nuts (e.g., almonds or walnuts)

Instructions

1. Layer Greek yogurt, berries, honey, and nuts in a glass.
2. Repeat layers as desired.

Lentil and Vegetable Soup

Lunch

Ingredients

- 1 cup cooked lentils
- 1 cup mixed vegetables (e.g., carrots, celery, spinach)
- 1/2 tsp cumin
- 1/2 tsp paprika
- Salt and pepper to taste

Instructions

1. In a pot, combine lentils, mixed vegetables, cumin, paprika, salt, pepper, and enough water to cover.
2. Simmer until vegetables are tender.

Life works

HEALTH & WELLBEING COACH



DAY Three

Stuffed Bell Peppers



Dinner

Ingredients

Bell peppers

Quinoa or brown rice

Black beans, corn, diced tomatoes

Spices (cumin, chili powder)

Instructions

1. Cut the tops off bell peppers and stuff with a mixture of cooked quinoa, black beans, corn, and diced tomatoes seasoned with spices. Bake until peppers are tender.



Nutrition Information

BREAKFAST

Nutrition (approximate): 350 calories, 15g protein, 35g carbohydrates, 5g fiber, 15g fat.

Lunch

Nutrition (approximate): 350 calories, 20g protein, 60g carbohydrates, 12g fiber, 2g fat.

Dinner

Nutrition (approximate): 450 calories, 15g protein, 80g carbohydrates, 12g fiber, 8g fat.



Life works

HEALTH & WELLBEING COACH



DAY Four

Chia Seed Pudding

BREAKFAST

Ingredients

2 tablespoons chia seeds

1 cup almond milk

Sliced bananas and chopped almonds for topping

Instructions

1. Mix chia seeds and almond milk in a jar.
2. Refrigerate overnight and top with bananas and chopped almonds.

Spinach and Quinoa Salad

Lunch

Ingredients

Spinach leaves

Cooked quinoa

Cherry tomatoes, cucumber, red onion

Balsamic vinaigrette dressing

Instructions

1. Toss spinach, quinoa, and chopped vegetables with dressing.



Life works

HEALTH & WELLBEING COACH



DAY Four

Baked Tofu with Steamed Broccoli

Dinner

Ingredients

- 6 oz baked tofu
- 1 cup steamed broccoli
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil

Instructions

1. Marinate tofu in soy sauce and sesame oil for 15 minutes.
2. Bake tofu in a preheated oven at 350°F (175°C) for 20-25 minutes.
3. Steam broccoli until tender.

Nutrition Information

BREAKFAST

Nutrition (approximate): 300 calories, 6g protein, 30g carbohydrates, 14g fiber, 18g fat.

Lunch

Nutrition (approximate): 350 calories, 12g protein, 10g carbohydrates, 2g fiber, 28g fat.

Dinner

Nutrition (approximate): 400 calories, 20g protein, 20g carbohydrates, 6g fiber, 25g fat.

Life works

HEALTH & WELLBEING COACH



DAY FIVE

Avocado Toast

BREAKFAST

Ingredients

- 2 slices whole-grain bread
- 1/2 ripe avocado, mashed
- 1 tsp olive oil
- Pinch of red pepper flakes

Instructions

1. Toast the bread slices.
2. Spread mashed avocado on the toasted bread.
3. Drizzle with olive oil and sprinkle with red pepper flakes.



Quinoa Salad with Roasted Vegetables

Lunch

Ingredients

- 1 cup cooked quinoa
- 1 cup roasted vegetables (e.g., bell peppers, zucchini, eggplant)
- 2 tbsp balsamic vinaigrette dressing
- 2 tbsp chopped fresh basil

Instructions

1. Mix cooked quinoa and roasted vegetables in a bowl.
2. Drizzle with balsamic vinaigrette dressing and sprinkle with fresh basil.



Life works

HEALTH & WELLBEING COACH



DAY FIVE

Grilled Portobello Mushrooms with Quinoa



Dinner

Ingredients

- 2 large Portobello mushrooms
- 1 cup cooked quinoa
- 1/4 cup diced red bell pepper
- 1/4 cup chopped fresh parsley
- 1 tbsp balsamic vinegar

Instructions

1. Remove the stems from the mushrooms and brush with balsamic vinegar.
2. Grill mushrooms until tender.
3. Fill each mushroom with cooked quinoa, diced red bell pepper, and fresh parsley.



Nutrition Information

BREAKFAST

Nutrition (approximate): 350 calories, 7g protein, 30g carbohydrates, 8g fiber, 22g fat.

Lunch

Nutrition (approximate): 400 calories, 10g protein, 60g carbohydrates, 10g fiber, 12g fat.

Dinner

Nutrition (approximate): 450 calories, 12g protein, 70g carbohydrates, 12g fiber, 10g fat.



Life works

HEALTH & WELLBEING COACH



DAY SIX

Berry and Spinach Smoothie



BREAKFAST

Ingredients

- Handful of spinach
- 1 cup mixed berries
- 1 banana
- 1 cup almond milk
- 1 tablespoon flaxseeds

Instructions

1. Blend all ingredients until smooth.

Lentil and Vegetable Stir-Fry

Lunch

Ingredients

- 1 cup cooked lentils
- 1 cup mixed stir-fry vegetables (e.g., bell peppers, broccoli, snap peas)
- 2 tbsp low-sodium soy sauce
- 1 tsp ginger, minced
- 1 tsp garlic, minced

Instructions

1. In a pan, sauté ginger and garlic until fragrant.
2. Add vegetables and stir-fry until tender-crisp.
3. Stir in cooked lentils and soy sauce.



Life works

HEALTH & WELLBEING COACH



DAY SIX

Grilled Shrimp with Brown Rice and Asparagus



Dinner

Ingredients

- 6 oz grilled shrimp
- 1 cup cooked brown rice
- 1 cup steamed asparagus
- 1 tbsp lemon juice

Instructions

1. Season shrimp with lemon juice and grill until cooked through.
2. Serve with brown rice and steamed asparagus.



Nutrition Information

BREAKFAST

Nutrition (approximate): 300 calories, 7g protein, 45g carbohydrates, 12g fiber, 10g fat.

Lunch

Nutrition (approximate): 400 calories, 20g protein, 70g carbohydrates, 15g fiber, 2g fat.

Dinner

Nutrition (approximate): 450 calories, 30g protein, 60g carbohydrates, 10g fiber, 6g fat.



Life works

HEALTH & WELLBEING COACH



DAY SEVEN

Banana Walnut Pancakes

BREAKFAST

Ingredients

- 1/2 cup rolled oats
- 1 ripe banana
- 2 eggs
- 1/4 cup chopped walnuts

Instructions

1. Blend rolled oats, banana, and eggs until smooth.
2. Stir in chopped walnuts.
3. Cook as you would regular pancakes in a non-stick skillet.

Quinoa and Chickpea Salad

Lunch

Ingredients

- 1 cup cooked quinoa
- 1 cup canned chickpeas, rinsed and drained
- 1/2 cucumber, diced
- 1/2 red onion, finely chopped
- 1/4 cup chopped fresh mint
- Juice of 1 lemon
- 2 tbsp olive oil

Instructions

1. Combine quinoa, chickpeas, cucumber, red onion, and fresh mint in a bowl.
2. Whisk together lemon juice and olive oil, then drizzle over the salad.



Life works

HEALTH & WELLBEING COACH



DAY SEVEN

Baked Cod with Roasted Brussels Sprouts

Dinner

Ingredients

- 6 oz cod fillet
- 1 cup roasted Brussels sprouts
- 1 tbsp olive oil
- 1/2 tsp dried rosemary
- Salt and pepper to taste

Instructions

1. Season cod with olive oil, rosemary, salt, and pepper.
2. Bake in a preheated oven at 375°F (190°C) for 15-20 minutes or until cooked through.
3. Serve with roasted Brussels sprouts.

Nutrition Information

BREAKFAST

Nutrition (approximate): 400 calories, 14g protein, 45g carbohydrates, 7g fiber, 18g fat.

Lunch

Nutrition (approximate): 400 calories, 12g protein, 60g carbohydrates, 10g fiber, 16g fat.

Dinner

Nutrition (approximate): 450 calories, 40g protein, 20g carbohydrates, 10g fiber, 20g fat.

Life works

HEALTH & WELLBEING COACH



DAY EIGHT

Almond Butter and Banana Toast

BREAKFAST

Ingredients

- 2 slices whole-grain bread
- 2 tbsp almond butter
- 1 banana, sliced

Instructions

1. Toast the bread slices.
2. Spread almond butter on the toasted bread.
3. Top with banana slices.

Spinach and Chickpea Salad

Lunch

Ingredients

- 2 cups fresh spinach
- 1/2 cup canned chickpeas, rinsed and drained
- 1/4 cup cherry tomatoes, halved
- 1/4 cup shredded carrots
- 2 tbsp balsamic vinaigrette dressing

Instructions

1. Toss spinach, chickpeas, cherry tomatoes, and shredded carrots in a bowl.
2. Drizzle with balsamic vinaigrette dressing.
- 3.

Life works

HEALTH & WELLBEING COACH



DAY EIGHT

Lentil and Vegetable Curry

Dinner

Ingredients

1 cup cooked lentils

1 cup mixed vegetables (e.g., bell peppers, cauliflower, peas)

1/2 cup coconut milk

1 tbsp curry powder

Instructions

1. In a pan, combine cooked lentils, mixed vegetables, coconut milk, and curry powder.
2. Simmer until vegetables are tender and the curry thickens.

Nutrition Information

BREAKFAST

Nutrition (approximate): 400 calories, 10g protein, 50g carbohydrates, 8g fiber, 18g fat.

Lunch

Nutrition (approximate): 350 calories, 12g protein, 45g carbohydrates, 10g fiber, 15g fat.

Dinner

Nutrition (approximate): 450 calories, 15g protein, 60g carbohydrates, 15g fiber, 18g fat.

Life works

HEALTH & WELLBEING COACH



DAY NINE

Green Smoothie Bowl

BREAKFAST

Ingredients

1 cup kale leaves

1/2 frozen banana

1/2 cup unsweetened almond milk

1 tbsp almond butter

Toppings: sliced kiwi, granola, chia seeds

Instructions

1. Blend kale, frozen banana, almond milk, and almond butter until smooth.
2. Pour into a bowl and add your choice of toppings.

Quinoa and Avocado Salad

Lunch

Ingredients

1 cup cooked quinoa

1/2 avocado, diced

1/4 cup cherry tomatoes, halved

1/4 cup black beans (canned or cooked)

2 tbsp lime juice

1 tbsp olive oil

Instructions

1. Combine quinoa, avocado, cherry tomatoes, and black beans in a bowl.
2. Drizzle with lime juice and olive oil.



Life works

HEALTH & WELLBEING COACH



DAY NINE

Grilled Vegetable and Tofu Skewers

Dinner

Ingredients

6 oz tofu, cubed

Assorted vegetables (e.g., bell peppers, zucchini, mushrooms)

Marinade: 2 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp dried oregano

Instructions

1. Thread tofu cubes and vegetables onto skewers.
2. Mix the marinade ingredients and brush it onto the skewers.
3. Grill until vegetables are tender and tofu is lightly browned.

Nutrition Information

BREAKFAST

Nutrition (approximate): 350 calories, 7g protein, 45g carbohydrates, 12g fiber, 18g fat.

Lunch

Nutrition (approximate): 400 calories, 10g protein, 50g carbohydrates, 10g fiber, 20g fat.

Dinner

Nutrition (approximate): 450 calories, 15g protein, 30g carbohydrates, 10g fiber, 30g fat.

Life works

HEALTH & WELLBEING COACH



DAY TEN

Overnight Chia Seed Pudding with Berries



BREAKFAST

Ingredients

- 2 tbsp chia seeds
- 1 cup almond milk
- 1/2 tsp vanilla extract
- 1/2 cup mixed berries

Instructions

1. Mix chia seeds, almond milk, and vanilla extract in a jar or bowl.
2. Refrigerate overnight or for at least 3 hours.
3. Top with mixed berries before serving.



Mediterranean Quinoa Bowl

Lunch

Ingredients

- 1 cup cooked quinoa
- 1/4 cup hummus
- 1/4 cup cucumber, diced
- 1/4 cup cherry tomatoes, halved
- 2 tbsp Kalamata olives, pitted and chopped
- 2 tbsp crumbled feta cheese

Instructions

1. Place quinoa in a bowl and top with hummus, cucumber, cherry tomatoes, olives, and feta cheese.



Life works

HEALTH & WELLBEING COACH



DAY TEN

Baked Chicken Breast with Steamed Green Beans



Dinner

Ingredients

- 6 oz chicken breast
- 1 cup steamed green beans
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme

Instructions

1. Season chicken with olive oil, garlic powder, and dried thyme.
2. Bake in a preheated oven at 375°F (190°C) for 20-25 minutes or until cooked through.
3. Serve with steamed green beans.



Nutrition Information

BREAKFAST

Nutrition (approximate): 300 calories, 6g protein, 30g carbohydrates, 14g fiber, 18g fat.

Lunch

Nutrition (approximate): 400 calories, 10g protein, 50g carbohydrates, 8g fiber, 18g fat.

Dinner

Nutrition (approximate): 450 calories, 40g protein, 10g carbohydrates, 5g fiber, 25g fat.



Life works

HEALTH & WELLBEING COACH



DAY ELEVEN

Almond and Mixed Berry Smoothie



BREAKFAST

Ingredients

- 1 cup mixed berries (e.g., strawberries, blueberries, raspberries)
- 1 cup almond milk
- 1 tbsp almond butter
- 1/2 banana

Instructions

1. Blend mixed berries, almond milk, almond butter and banana until smooth.



Chickpea and Spinach Wrap

Lunch

Ingredients

- Whole-grain wrap
- 1/2 cup canned chickpeas, mashed
- 1 cup fresh spinach leaves
- Sliced red bell peppers and cucumbers
- 2 tbsp hummus

Instructions

1. Spread mashed chickpeas on the wrap.
2. Layer with fresh spinach, red bell peppers, cucumbers, and hummus.
3. Roll it up and slice in half.



Life works

HEALTH & WELLBEING COACH



DAY ELEVEN

Overnight Oats with Nut Butter



Dinner

Ingredients

- 1/2 cup rolled oats
- 1 cup almond milk
- 1 tbsp almond butter
- 1/2 banana, sliced

Instructions

1. Combine rolled oats, almond milk, and almond butter in a jar or container.
2. Refrigerate overnight.
3. Top with sliced banana before serving.



Nutrition Information

BREAKFAST

Nutrition (approximate): 350 calories, 7g protein, 45g carbohydrates, 12g fiber, 18g fat.

Lunch

Nutrition (approximate): 400 calories, 12g protein, 60g carbohydrates, 12g fiber, 10g fat.

Dinner

Nutrition (approximate): 350 calories, 8g protein, 50g carbohydrates, 10g fiber, 15g fat.



Life works

HEALTH & WELLBEING COACH



DAY TWELVE

Greek Yogurt Parfait

BREAKFAST

Ingredients

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup mixed berries

Instructions

1. Layer Greek yogurt, granola, and mixed berries in a glass.
2. Repeat layers as desired.

Spinach and Lentil Soup

Lunch

Ingredients

- 1 cup fresh spinach
- 1 cup cooked lentils
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/2 tsp cumin
- Salt and pepper to taste

Instructions

1. In a pot, combine fresh spinach, cooked lentils, diced carrots, diced celery, cumin, salt, and pepper.
2. Simmer until vegetables are tender.



Life works

HEALTH & WELLBEING COACH



DAY TWELVE

Grilled Salmon with Roasted Asparagus



Dinner

Ingredients

- 6 oz grilled salmon fillet
- 1 cup roasted asparagus
- 1 tbsp olive oil
- Lemon zest and juice for flavor

Instructions

1. Season salmon with olive oil, lemon zest, lemon juice, salt, and pepper.
2. Grill until cooked through.
3. Serve with roasted asparagus.

Nutrition Information

BREAKFAST

Nutrition (approximate): 400 calories, 15g protein, 50g carbohydrates, 8g fiber, 15g fat.

Lunch

Nutrition (approximate): 350 calories, 20g protein, 50g carbohydrates, 12g fiber, 2g fat.

Dinner

Nutrition (approximate): 500 calories, 35g protein, 20g carbohydrates, 5g fiber, 30g fat.



Life works

HEALTH & WELLBEING COACH



DAY THITEEN

Berry and Almond Butter Toast



BREAKFAST

Ingredients

- 2 slices whole-grain bread
- 2 tbsp almond butter
- 1/2 cup mixed berries

Instructions

1. Toast the bread slices.
2. Spread almond butter on the toasted bread.
3. Top with mixed berries.



Quinoa and Chickpea Bowl

Lunch

Ingredients

- 1 cup cooked quinoa
- 1/2 cup canned chickpeas, rinsed and drained
- 1/2 cup diced cucumbers
- 1/2 cup diced red bell peppers
- 2 tbsp tahini dressing

Instructions

1. Combine cooked quinoa, chickpeas, cucumbers, and red bell peppers in a bowl.
2. Drizzle with tahini dressing.



Life works

HEALTH & WELLBEING COACH



DAY THIEETEEN

Baked Tofu with Stir-Fried Broccoli

Dinner

Ingredients

6 oz baked tofu

1 cup broccoli florets, stir-fried with garlic and ginger

1 tbsp low-sodium soy sauce

Instructions

1. Marinate tofu in soy sauce for 15 minutes.
2. Bake tofu in a preheated oven at 350°F (175°C) for 20-25 minutes.
3. Serve with stir-fried broccoli.

Nutrition Information

BREAKFAST

Nutrition (approximate): 400 calories, 10g protein, 50g carbohydrates, 8g fiber, 18g fat.

Lunch

Nutrition (approximate): 400 calories, 10g protein, 50g carbohydrates, 10g fiber, 20g fat.

Dinner

Nutrition (approximate): 450 calories, 20g protein, 20g carbohydrates, 6g fiber, 25g fat.



Life works

HEALTH & WELLBEING COACH



DAY FOURTEEN

Banana and Almond Smoothie



BREAKFAST

Ingredients

- 1 banana
- 1 cup unsweetened almond milk
- 2 tbsp almond butter
- 1/4 tsp cinnamon

Instructions

1. Blend banana, almond milk, almond butter, and cinnamon until smooth.



Spinach and Quinoa Salad

Lunch

Ingredients

- 2 cups fresh spinach
- 1 cup cooked quinoa
- 1/4 cup crumbled feta cheese
- 1/4 cup cherry tomatoes, halved
- 2 tbsp balsamic vinaigrette dressing

Instructions

1. Toss spinach, quinoa, feta cheese, and cherry tomatoes in a bowl.
2. Drizzle with balsamic vinaigrette dressing.



Life works

HEALTH & WELLBEING COACH



DAY FOURTEEN

Grilled Vegetable and Chickpea Bowl

Dinner

Ingredients

Assorted grilled vegetables (e.g., zucchini, eggplant, bell peppers)

1 cup cooked quinoa

1/2 cup canned chickpeas, rinsed and drained

2 tbsp tahini dressing

Instructions

1. Arrange grilled vegetables, cooked quinoa, and chickpeas in a bowl.
2. Drizzle with tahini dressing.

Nutrition Information

BREAKFAST

Nutrition (approximate): 350 calories, 7g protein, 45g carbohydrates, 10g fiber, 18g fat.

Lunch

Nutrition (approximate): 350 calories, 12g protein, 40g carbohydrates, 8g fiber, 18g fat.

Dinner

Nutrition (approximate): 450 calories, 12g protein, 70g carbohydrates, 10g fiber, 20g fat.



Life works

HEALTH & WELLBEING COACH

