

Splendid Spoon Meal Guide

LIGHT MEALS



Breakfast

Cal.*

Carrot Ginger Chia Smoothie	170
Green Matcha Smoothie	190
Blackberry Basil Smoothie	220
Mango Guava Smoothie	230
Power Greens Smoothie	230
Dragon Fruit Berry Smoothie	240
Orange Hibiscus Smoothie	240
Blueberry Coconut Smoothie	260
Banana Flax Smoothie	260



Lunch

Butternut Squash Ratatouille Soup	120
Red Lentil Dal Soup	240
Beans & Greens Soup	240
Black Eyed Pea & Tomato Stew	240



Reset

Garden Minestrone Soup <i>Light Soup</i>	200
Cauliflower Potato Chowder <i>Light Soup</i>	220
Lentil & Kale Soup <i>Light Soup</i>	260
Cauliflower Tikka Soup <i>Light Soup</i>	260
Butternut Turmeric Soup <i>Light Soup</i>	260



Extras: Juices

Cal.*

Super Greens Juice	100
Green Dream Juice	160
Tropical Greens Juice	260



Extras: Shots

Cal.*

For whenever you need a boost

Recovery Shot	25
Wellness Shot	40
Detox Shot	40
Digestion Shot	40
Immunity Shot	45

MODERATE MEALS



Breakfast

Cal.*

AB&J Smoothie	300
Strawberry Goji Smoothie	300
Raspberry Cacao Smoothie	310
Coconut Lime Smoothie	320
Pumpkin Spice Smoothie	320
Mint Chip Smoothie	340
Strawberry Chocolate Smoothie	360
Cacao Almond Smoothie	380
Chocolate Cherry Smoothie	380



Lunch

Masala Khichri Soup	300
Vegetable Bolognese Bowl	320
Lemon Wild Rice and Broccoli Bowl	340
Brown Rice Taco Bowl	360
Tomato Quinoa Chili Soup	360
Green Split Pea Soup	360
Red Beet Quinoa Bowl	380
Spiced Lentil & Chickpea Stew	380



Dinner

Creamy Mushroom and Spinach Noodles	320
Tofu & Veggie Noodles	340
Creamy Butternut Squash Noodles	380

HEARTY MEALS



Breakfast

Cal.*

Coffee Frappé Smoothie	450
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Lunch

Carrot Lentil Curry Soup	420
Channa Potato Stew	420
Green Tomatillo Chili Soup	420
Aloo Gobi Quinoa Grain Bowl	440
Coconut Curry Rice Bowl	440
Black Bean and Plantain Bowl	440
Kimchi Fried Quinoa Grain Bowl	440
Kabocha Congee Soup	500
Roasted Cauliflower Grain Bowl	520



Dinner

Green Curry Noodles	400
Red Curry Noodles	440
Tangy Ginger Noodles	440
Kale Pesto Noodles	460
Vegan Meatballs & Marinara Noodles	460
Dan Dan Noodles	540

We've broken our meals into Light, Moderate, and Hearty meals. The Weekly Meal Plan will provide guidance regarding how many of each meal category you should eat per day, but listen to your body!

Everyone's body is different—some days you might need an extra Hearty Meal after an intense workout, other days you might opt for Lighter meals, or a full Reset Day!

Make sure you stay extremely hydrated so all of our fiber-rich meals can help reset your system—fiber doesn't work by itself, there needs to be water to push that fiber along!

*Denotes calories per full container



Splendid Spoon Weekly Meal Plan

Created by our Founder and our Registered Dietitian, this Meal Plan is meant to kickstart healthy habits! Choose your meals from the Meal Guide and write them in the spaces provided, making meal planning a breeze!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
☀️ Wake Up	☀️ Wake Up	☀️ Wake Up	☀️ Wake Up	☀️ Wake Up
Start your day with a big glass of water!	Start your day with a big glass of water!	Start your day with a big glass of water!	Start your day with a big glass of water!	Start your day with a big glass of water!
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
1 moderate smoothie + fruit of choice	1 moderate smoothie + fruit of choice	1 moderate smoothie + fruit of choice	1 moderate smoothie + fruit of choice	1 moderate smoothie + fruit of choice
Morning Refreshment	Morning Refreshment	Morning Refreshment	Morning Refreshment	Morning Refreshment
1 green juice	1 green juice	1 green juice	1 green juice	1 green juice
Lunch	Lunch	Lunch	Lunch	Lunch
1 moderate soup/grain bowl + 2 glasses of water	1 moderate soup/grain bowl + 2 glasses of water	1 moderate soup/grain bowl + 2 glasses of water	1 moderate soup/grain bowl + 2 glasses of water	1 moderate soup/grain bowl + 2 glasses of water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
1 green juice + 1 light soup	1 green juice + 1 light soup	1 green juice + 1 light soup	1 green juice + 1 light soup	1 green juice + 1 light soup
Dinner	Dinner	Dinner	Dinner	Dinner
1 hearty noodle or soup/grain bowl + 2 glasses of water	1 hearty noodle or soup/grain bowl + 2 glasses of water	1 hearty noodle or soup/grain bowl + 2 glasses of water	1 hearty noodle or soup/grain bowl + 2 glasses of water	1 hearty noodle or soup/grain bowl + 2 glasses of water
Open Space	Open Space	Open Space	Open Space	Open Space
1 additional light meal or another piece of fruit—whatever feels right for your needs (optional)	1 additional light meal or another piece of fruit—whatever feels right for your needs (optional)	1 additional light meal or another piece of fruit—whatever feels right for your needs (optional)	1 additional light meal or another piece of fruit—whatever feels right for your needs (optional)	1 additional light meal or another piece of fruit—whatever feels right for your needs (optional)
Movement 🏃	Movement 🏃	Movement 🏃	Movement 🏃	Movement 🏃
Dance, walk, stretch—your choice for 15 minutes, go :)	Dance, walk, stretch—your choice for 15 minutes, go :)	Dance, walk, stretch—your choice for 15 minutes, go :)	Dance, walk, stretch—your choice for 15 minutes, go :)	Dance, walk, stretch—your choice for 15 minutes, go :)
🧘 Calm	🧘 Calm	🧘 Calm	🧘 Calm	🧘 Calm
You deserve a moment of quiet relaxation—15 minutes to journal, meditate, or express gratitude	You deserve a moment of quiet relaxation—15 minutes to journal, meditate, or express gratitude	You deserve a moment of quiet relaxation—15 minutes to journal, meditate, or express gratitude	You deserve a moment of quiet relaxation—15 minutes to journal, meditate, or express gratitude	You deserve a moment of quiet relaxation—15 minutes to journal, meditate, or express gratitude

SATURDAY + SUNDAY

We call these the “wander days”—no meal plan! Trust your intuition and eat what feeds your soul. Try to get outside, take a walk, and hydrate throughout the day!

