

This meal plan is: gluten free, refined sugar free, dairy free

#2001

	Breakfast	Lunch	Dinner
<b>Monday</b> Original meal day. Make double and freeze 1/2	<a href="#">Ultimate Breakfast Smoothie</a>	1 c salad 1 c soup 1 tsp olive oil on salad	1 c arugula salad <a href="#">Creamy cajun salmon</a> Roasted asparagus 1 tsp sesame oil on salad
<b>Tuesday</b> Theme night: tacos!	<a href="#">Ultimate Breakfast Smoothie</a>	1 c salad 1 c soup 1 tsp olive oil on salad	Taco vegetables Taco Tuesday! Beef Corn shells (soft)
<b>Wednesday</b> Crock pot meal	<a href="#">Ultimate Breakfast Smoothie</a>	1 c salad 1 c soup 1 tsp olive oil on salad	2 4" celery sticks <a href="#">Chicken Teriyaki</a> Broccoli ½ c brown rice (optional)
<b>Thursday</b> Stirfry meal - plant based protein with 2+vegetables of choice, sauteed in olive oil and any sauce or seasoning	<a href="#">Ultimate Breakfast Smoothie</a>	1 c salad 1 c soup 1 tsp olive oil on salad	1 c sliced carrots 1 c chickpeas (1/4c liquid aminos) 1 c raw broccoli 2 tbsp olive oil (toss and fast fry)
<b>Friday</b> Family movie homemade pizza - 1 crust recipe makes 4 personal size pizzas. I make them all ahead of time and freeze between parchment, taking out 1 each wk	<a href="#">Ultimate Breakfast Smoothie</a>	1 c salad 1 c soup 1 tsp olive oil on salad	½ cup veg choice ½ c meat choice <a href="#">Pizza crust</a> ½ c veg choice Aged cheddar or parm
<b>Saturday</b> Night out or clean out the fridge	1 orange <a href="#">Turkey thyme</a> <a href="#">sausages</a> 1 apple	1 c salad 1 c soup 1 tsp olive oil on salad	Leftovers or night out!
<b>Sunday</b> Soup day - prep in a crock pot all day, put into portion containers, ready to take with for lunch ea day	1 c blueberries <a href="#">Turkey thyme</a> <a href="#">sausages</a> <a href="#">2 pancakes</a>	1 c salad 1 c soup  1 tsp olive oil on salad	<a href="#">Tortilla Soup</a>