

	Breakfast	Lunch	Dinner
Monday Original meal day. Make double and freeze 1/2	Ultimate Breakfast Smoothie	1 c This Week's Salad 1 c This Week's Soup With parsley parmesan crackers 1 tsp olive oil on salad	1 c chopped greens salad Raw Lasagna 1 tsp sesame oil on salad
Tuesday Theme night: tacos!	Ultimate Breakfast Smoothie	1 c This Week's Salad 1 c This Week's Soup With parsley parmesan crackers 1 tsp olive oil on salad	Taco vegetables Taco Tuesday! Beef Corn shells (soft)
Wednesday Crock pot meal	Ultimate Breakfast Smoothie	1 c This Week's Salad 1 c This Week's Soup With parsley parmesan crackers 1 tsp olive oil on salad	Celery sticks Bourbon Chicken Steamed broccoli 1/2c rice
Thursday Stirfry meal - plant based protein with 2+vegetables of choice, sauteed in olive oil and any sauce or seasoning	Ultimate Breakfast Smoothie	1 c This Week's Salad 1 c This Week's Soup With parsley parmesan crackers 1 tsp olive oil on salad	2 c chicken cut into slices Pick 2 vegetables, chop and toss 2 tbsp olive oil (toss and fast fry)
Friday 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	Ultimate Breakfast Smoothie	1 c This Week's Salad 1 c This Week's Soup With parsley parmesan crackers 1 tsp olive oil on salad	½ cup veg choice ½ c meat choice Pizza crust ½ c veg choice Aged cheddar or parm
Saturday Night out or clean out the fridge	1½ c berries ½ c walnuts and seeds ½ c chopped apple Balanced oatmeal Nuts and seeds	1 c This Week's Salad 1 c This Week's Soup With parsley parmesan crackers 1 tsp olive oil on salad	Leftovers or night out!
Sunday Soup day - prep in a crock pot all day, put into portion containers, ready to take with for lunch ea day	1 (fruit in granola) Hard boiled eggs-2 Fall Granola 2 tbsp coconut cream(can)	1 c This Week's Salad 1 c This Week's Soup With parsley parmesan crackers 1 tsp olive oil on salad	Creamy Carrot Soup