

This meal plan is: gluten free, refined sugar free

Theme Week Series #2005

	Breakfast	Lunch	Dinner
<b>Monday</b> Original meal day. Make double and freeze 1/2	<a href="#">Ultimate Breakfast Smoothie</a>	<a href="#">Greek Dip with Raw Veg</a> <a href="#">1 c This Week's Soup</a>	<a href="#">Raw cauliflower Stuffed Bread</a>
<b>Tuesday</b> Theme night: tacos!	<a href="#">Ultimate Breakfast Smoothie</a>	<a href="#">Greek Dip with Raw Veg</a> <a href="#">1 c This Week's Soup</a>	<a href="#">Taco vegetables</a> <a href="#">Taco Tuesday! Beef</a> <a href="#">Corn shells (soft)</a>
<b>Wednesday</b> Crock pot meal from our Pinterest board!	<a href="#">Ultimate Breakfast Smoothie</a>	<a href="#">Greek Dip with Raw Veg</a> <a href="#">1 c This Week's Soup</a>	<a href="#">Side salad</a> <a href="#">Crockpot chicken spaghetti</a> Carrots
<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>	<a href="#">Greek Dip with Raw Veg</a> <a href="#">1 c This Week's Soup</a>	Pick a meat/bean Pick 2 + vegetables, chop and toss  <a href="#">2 tbsp olive oil</a> (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>	<a href="#">Greek Dip with Raw Veg</a> <a href="#">1 c This Week's Soup</a>	<a href="#">½ cup veg choice</a> <a href="#">½ c meat choice</a> <a href="#">Pizza crust</a> <a href="#">½ c veg choice</a> <a href="#">Aged cheddar or parm</a>
<b>Saturday</b> Night out or clean out the fridge	<a href="#">½ orange slices</a> <a href="#">2 tbsp sunbutter on muffins</a> <a href="#">½ C blueberries</a> <a href="#">Oat Banana Breakfast Muffins</a>	<a href="#">Greek Dip with Raw Veg</a> <a href="#">1 c This Week's Soup</a>	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	<a href="#">2 hardboiled eggs</a> <a href="#">Fruit Tacos</a>	Leftovers from the week	<a href="#">This week's Soup: Soup-er Chicken</a>

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 Key: [Raw eliminators](#) [Builder](#) [Eliminators](#) [Congestors](#) [Lubricators](#)