

This meal plan is: gluten free, refined sugar free

Theme Week Series #2007

	Breakfast	Lunch	Dinner
<b>Monday</b> Original meal day. Make double and freeze 1/2	<a href="#">Ultimate Breakfast Smoothie</a>	<a href="#">This week's salad: Olive and Bean Salad</a>  <a href="#">1 c This Week's Soup</a>	2 sticks fresh celery <a href="#">Vegan Crab Cakes</a> Steamed carrots
<b>Tuesday</b> Theme night: tacos!	<a href="#">Ultimate Breakfast Smoothie</a>	<a href="#">This week's salad: Olive and Bean Salad</a>  <a href="#">1 c This Week's Soup</a>	Taco vegetables <b>Taco Tuesday! Beef</b> Corn shells (soft)
<b>Wednesday</b> Crock pot meal from our Pinterest board!	<a href="#">Ultimate Breakfast Smoothie</a>	<a href="#">This week's salad: Olive and Bean Salad</a>  <a href="#">1 c This Week's Soup</a>	Side salad <a href="#">Crockpot Pepper Steak</a>
<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="#">This week's salad: Olive and Bean Salad</a>  <a href="#">1 c This Week's Soup</a>	<b>Pick a meat/bean</b> Pick 2 + vegetables, chop and toss  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>	<a href="#">This week's salad: Olive and Bean Salad</a>  <a href="#">1 c This Week's Soup</a>	½ cup veg choice ½ c meat choice <a href="#">Pizza crust</a> ½ c veg choice Aged cheddar or parm Or <a href="#">Chicken Bacon Ranch Pizza</a>
<b>Saturday</b> Night out or clean out the fridge	½ fresh orange <a href="#">Adrenal Balancing</a> <a href="#">Banana Pecan</a> <a href="#">Pancakes</a> 1 c. raspberries	<a href="#">This week's salad: Olive and Bean Salad</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	1 C Fresh melon <a href="#">Vanilla Chia Pudding</a>	Leftovers from the week	<a href="#">This week's Soup:</a> <a href="#">Creamy Carrot Soup</a>

ANMC Holistic Health Find these recipes at [foodfxtools.com](http://foodfxtools.com) and type the recipe name in the search bar  
 Key: **Raw** eliminators **Builder** Eliminators **Congestors** **Lubricators** **Multiple Functions**