

This meal plan is: gluten free, refined sugar free

Theme Week Series #2008

	Breakfast	Lunch	Dinner
Monday Original meal day. Make double and freeze 1/2	Ultimate Breakfast Smoothie	Raw veg with Healthy Greek Veggie Dip 1 c This Week's Soup	2 sticks fresh carrots Avocado Egg Salad Sandwiches Steamed collard greens
Tuesday Theme night: tacos!	Ultimate Breakfast Smoothie	Raw veg with Healthy Greek Veggie Dip 1 c This Week's Soup	Taco vegetables Taco Tuesday! Beef Corn shells (soft)
Wednesday Crock pot meal from our Pinterest board!	Ultimate Breakfast Smoothie	Raw veg with Healthy Greek Veggie Dip 1 c This Week's Soup	Side salad Coconut Quinoa Curry
Thursday Stirfry meal - plant based protein with 2+vegetables of choice, sauteed in olive oil and any sauce or seasoning	Ultimate Breakfast Smoothie	Raw veg with Healthy Greek Veggie Dip 1 c This Week's Soup	Pick a meat/bean 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	Raw veg with Healthy Greek Veggie Dip 1 c This Week's Soup	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	½ fresh orange Oatmeal for Breakfast - Balanced 1 c. raspberries	Raw veg with Healthy Greek Veggie Dip 1 c This Week's Soup	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 C Fresh raspberries ½ c walnuts/pecan mix Banana Cream "Dessert"	Leftovers from the week	This week's Soup: Roasted Creamy Cauliflower Soup

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Key: **Raw** eliminators **Builder** Eliminators **Congestors** **Lubricators** **Multiple Functions**