

This meal plan is: gluten free, refined sugar free

Theme Week Series #2009

	Breakfast	Lunch	Dinner
Monday Original meal day. Make double and freeze 1/2	Ultimate Breakfast Smoothie	This week's salad: Italian Chickpea Pasta 1 c This Week's Soup	Fresh spinach leaves and cilantro Sweet Potato Quesadillas Side of Steamed brussel sprouts
Tuesday Theme night: tacos!	Ultimate Breakfast Smoothie	This week's salad: Italian Chickpea Pasta 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	This week's salad: Italian Chickpea Pasta 1 c This Week's Soup	Side salad BBQ Chicken Sandwiches
Thursday Stirfry meal - plant based protein with 2+vegetables of choice, sauteed in olive oil and any sauce or seasoning	Ultimate Breakfast Smoothie	This week's salad: Italian Chickpea Pasta 1 c This Week's Soup	Beef and Broccoli Stir 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	This week's salad: Italian Chickpea Pasta 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 c fresh strawberries SCD Crepes ½ c fresh raspberries	This week's salad: Italian Chickpea Pasta 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 scrambled eggs GF Sourdough Banana Nut Muffins	Leftovers from the week	This week's Soup: Chicken Wild Rice

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