

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
BREAKFAST	Porridge made of cooked pearl barley, wild rice, & steel cut oats. Topped with dried cranberries & nuts.	Two hard boiled eggs seasoned w/cayenne pepper. Ezekiel English muffin and an orange.	Leftover porridge. Topped w/dried fruit & nuts.	Steel cut oats w/mashed banana, topped with chopped walnuts. One slice of Ezekiel toast or Ezekiel English muffin.	Green juice, scrambled egg whites seasoned w/salt, pepper, turmeric, cayenne pepper. One slice Ezekiel toast.	Frittata w/eggs, chopped orange bell pepper, diced sweet potatoes, sun dried tomatoes, spinach, feta. Season w/salt & pepper, turmeric, & Italian seasoning.
LUNCH	Arugula salad w/hulled pumpkin seeds, yellow & orange bell peppers. Top with cooked chicken breast. Oil & vinegar dressing w/mustard seed, salt & pepper.	Grilled veggie wrap: slice lengthwise & grill eggplant, yellow squash, zucchini. Also grill onion slices & green bell pepper. Seasoned w/drizzle of olive oil, salt, & pepper. Spread hummus & romaine lettuce on an Ezekiel tortilla. Position grilled veggies on tortilla, & roll up.	Leftover Crock pot curry chicken.	Use remaining veggie wrap ingredients to make another veggie wrap.	Salad of baby greens w/diced peaches, turkey bacon bits, diced avocado, dressing of shallots, Dijon mustard, olive oil, white wine vinegar, salt & pepper.	Salad of spinach, sliced strawberries, chopped broccoli, chopped cauliflower, chopped almonds, & ginger vinaigrette.
DINNER	Pan seared salmon seasoned w/salt, pepper, lemon juice, & basil over a bed of kale & wild rice. A side of mashed sweet potatoes.	Crock pot curry chicken: chicken, chopped garlic, onion, sweet potato. Season with salt & pepper, turmeric, red or yellow curry paste, & bay leaf. Cover w/chicken or vegetable stock, cooking wine, & one can of coconut milk.	Quinoa & veggie mix (chopped carrots, purple potatoes, celery, onion, garlic, kohlrabi) rolled in cooked cabbage leaves. Serve over rice.	Pizza on a lavoosh crust, pesto sauce, topped w/sautéed fennel, spinach, mushrooms, pine nuts, & mozzarella. Assemble & bake 10-15 min at 350 degrees. Side salad of your choice.	Steak over a bed of quinoa & in season veggies like squash, carrots, zucchini, brussel sprouts. Side salad of your choice.	Baked potatoes stuffed with sautéed kale, cannellini beans, sliced or shredded chicken, season w/salt, pepper, lemon juice. Garnish w/chives & a drizzle of olive oil. Side salad of your choice.
SNACKS	Strawberry-Banana smoothie. Snap peas & veggie chips.	Triscuit rice crackers w/hummus, sliced cucumber, celery, & carrot sticks.	Mixed nuts or just almonds, grapes, sliced apple.	Hard boiled egg, pear or plum, and green juice.	Celery sticks & sliced apples w/almond butter.	Nut Thins crackers w/tuna, banana, and green juice.
						

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Porridge made of cooked pearl barley, wild rice, & steel cut oats. Topped with dried cranberries & nuts.	Two hard boiled eggs seasoned w/cayenne pepper. Ezekiel English muffin and an orange.	Leftover porridge. Topped w/dried fruit & nuts.	Steel cut oats w/mashed banana, topped with chopped walnuts. One slice of Ezekiel toast or Ezekiel English muffin.	Green juice, scrambled egg whites seasoned w/salt, pepper, turmeric, cayenne pepper. One slice Ezekiel toast.	Frittata w/eggs, chopped orange bell pepper, diced sweet potatoes, sun dried tomatoes, spinach, feta. Season w/salt & pepper, turmeric, & Italian seasoning.	Ezekiel English muffin breakfast pizza topped w/egg, spinach, tomato, alfalfa sprouts, mashed avocado, & mozzarella.
LUNCH	Arugula salad w/hulled pumpkin seeds, yellow & orange bell peppers. Top with cooked chicken breast. Oil & vinegar dressing w/mustard seed, salt & pepper.	Grilled veggie wrap: slice lengthwise & grill eggplant, yellow squash, zucchini. Also grill onion slices & green bell pepper. Seasoned w/drizzle of olive oil, salt, & pepper. Spread hummus & romaine lettuce on an Ezekiel tortilla. Position grilled veggies on tortilla, & roll up.	Leftover Crock pot curry chicken.	Use remaining veggie wrap ingredients to make another veggie wrap.	Salad of baby greens w/diced peaches, turkey bacon bits, diced avocado, dressing of shallots, Dijon mustard, olive oil, white wine vinegar, salt & pepper.	Salad of spinach, sliced strawberries, chopped broccoli, chopped cauliflower, chopped almonds, & ginger vinaigrette.	Leftover frittata, add chicken or turkey sausage.
DINNER	Pan seared salmon seasoned w/salt, pepper, lemon juice, & basil over a bed of kale & wild rice. A side of mashed sweet potatoes.	Crock pot curry chicken: chicken, chopped garlic, onion, sweet potato. Season with salt & pepper, turmeric, red or yellow curry paste, & bay leaf. Cover w/chicken or vegetable stock, cooking wine, & one can of coconut milk.	Quinoa & veggie mix (chopped carrots, purple potatoes, celery, onion, garlic, kohlrabi) rolled in cooked cabbage leaves. Serve over rice.	Pizza on a lavoosh crust, pesto sauce, topped w/sautéed fennel, spinach, mushrooms, pine nuts, & mozzarella. Assemble & bake 10-15 min at 350 degrees. Side salad of your choice.	Steak over a bed of quinoa & in season veggies like squash, carrots, zucchini, brussel sprouts. Side salad of your choice.	Baked potatoes stuffed with sautéed kale, cannellini beans, sliced or shredded chicken, season w/salt, pepper, lemon juice. Garnish w/chives & a drizzle of olive oil. Side salad of your choice.	Quinoa macaroni made w/a blend of mozzarella & parmesan cheese. Mixed with sun dried tomatoes, spinach, & fresh basil seasoned w/Italian seasoning, salt, & pepper. Can also mix in sweet Italian sausage.
SNACKS	Strawberry-Banana smoothie. Snap peas & veggie chips.	Triscuit rice crackers w/hummus, sliced cucumber, celery, & carrot sticks.	Mixed nuts or just almonds, grapes, sliced apple.	Hard boiled egg, pear or plum, and green juice.	Celery sticks & sliced apples w/almond butter.	Nut Thins crackers w/tuna, banana, and green juice.	Guacamole w/pita chips or blue corn tortilla chips. Half a grapefruit or one orange.
							