Meal Ideas

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| **Breakfast** | | **Lunch** | | |
| * Scrambled eggs with salmon, avocado & tomato slices * Sautéed veggies (onion, garlic, mushrooms, red bell peppers, chard) topped with fried or scrambled egg * Breakfast Sausage and Veggie Hash * Bacon, Eggs and Greens * Pecan Waffle with Chopped Fruit (crush fruit for more juice is not using maple syrup) with sautéed veggies * Egg Muffins with Side of Fresh Fruit * Coconut Muffins and Smoothie * Honey Biscuits, Veggie Hash or Smoothie | | * Turkey-Salami Roll with Mustard, Carrot Sticks, Pickles, Mixed Nuts with Raisins * Cold Chicken with Roasted Seasonal Veggies over Salad (or not) * Cashew Butter & Jelly Sandwich, Fresh Fruit * Coconut Wrap BLT, Sliced Red Bell Peppers, Fermented Carrots * Turkey Slices, Avocado, Cherry Tomatoes * Burger, Steamed Broccoli * Tuna or Salmon over Green Salad with Flax Toast | | |
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| **Dinner** | | **Leftovers** | | |
| * Burgers in lettuce wrap, taro fries, salad * Roast chicken, quick broth gravy (broth, herbs, arrowroot), roasted seasonal veggies * Pulled Pork * Baked Salmon, Grilled Zucchini, Squash & Peach Salad (with fresh mint & tarragon + white truffle oil & manchengo) * Pot Roast (slow cooker) with Veggie & Green Salad * Grilled Pork Kabobs with Veggies * Spice Rubbed Skirt Steak and Grilled Seasonal Veggies * Creamy Asparagus Chicken Enchiladas with Green Salad | | * stews * soups * salad * wrap fillings * stir-fry * omelet fillings * bite-sized snacks * purees (to use as soup, creamy sauces, dips (think hummus), pesto | |