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
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