Meals: Start Here

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| **Breakfast** | **Lunch** |
| * Eggs - fried, soft or hard boiled, scrambled (plain or with veg, meat or herbs)
* Sausage
* Bacon
* Salmon, tomato & avocado
* Sauteed Greens
* Vegetable Hash
* Cashew bread & jelly
* Coconut Muffins
* Pecan Waffles
* Flax Muffins
* Smoothies
* Leftovers
 | * Coconut Wrap (filled w/ meat, veg)
* Turkey-salami roll
* Canned tuna or salmon over salad
* Leftover meat over salad
* Cashew bread, nut butter & jelly
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| **Dinner** | **Snacks** |
| * Baked/grilled salmon
* Roast chicken (store bought or home cooked)
* Slow cooker pulled pork
* Burgers in lettuce wrap
* Shish kebobs (meat + veg)
* Spice rubbed skirt steak
* Pizza
* Enchiladas (coconut wraps)
 | * Sliced raw veggies
* Fermented veggies
* Mini salad (add nuts, seeds)
* Celery with nut butter
* Apples with nut butter
* Nuts, seeds
* Fruit
* Muffin
* Hard boiled egg
* Turkey slices
* Cold chicken
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| **Dessert** |
| FruitDark Chocolate |