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 | |
| **Dessert** | |
| Fruit  Dark Chocolate | |