

MEAL PLAN - WEEK ONE

ABBREVIATIONS:

EVOO
Extra-Virgin Olive Oil

[NR]
No recipe

[LO]
Leftovers

[DB]
Double the recipe

[MA]
Made Ahead

DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
1	Warm Lemon Water (pg 12) Spiced Yogurt Bowl (pg 93) Nutritive Tea (pg 74)	Avocado Citrus Salad (pg 117) Ginger Lemon Tea (pg 74)	Sea Vegetable Soup with Cod (pg 62) Steamed broccoli and avocado (DB + NR)	Chicken with Fennel & Red Cabbage (pg 104)	Healing Bone Broth (MA) (pg 40) Freeze ½ for week two
2	Warm Lemon Water (pg 12) Healing Bone Broth [LO] (pg 40) Fisherman's Breakfast (pg 83)	Turmeric Golden Milk Latte (pg 78)	Portabella Mushroom Sandwich (pg 116) Side of sauerkraut or pickles Nutritive Tea (pg 74)	Chicken with Fennel & Red Cabbage (LO) (pg 104) Forbidden Rice Bowl (pg 120)	Ginger Lemon Tea (pg 75) Hemp Halva Bites (MA) (pg 125)
3	Warm Lemon Water (pg 12) Nutritive Tea Breakfast toast with avocado, pesto, and sprouts (NR) Add chicken (LO) or sardines	Mushroom Cacao Latte (pg 78)	Forbidden Rice Bowl (LO) (pg 120) Simple Tahini Sauce, sauerkraut, and steamed broccoli (LO) (pg 38)	Lemony Quinoa & Vegetable Stir-Fry with shrimp or chicken (pg 107)	Red clover tea Hemp Halvah Bites (pg 125)

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DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
4	Warm Lemon Water (pg 12) Green Smoothie (pg 92) Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)	Healing Bone Broth (LO) (pg 40) Chocolate-Covered Brazil Nuts (pg 128)	Quinoa-Stuffed avocado (Quinoa LO+NR) (pg 107) Side of sauerkraut or pickles (NR) Nutritive Tea (pg 74)	Coconut Cardamom Beef and Lentil Stew (pg 100) Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)	Cinnamon ginger tea with lemon and honey
5	Warm Lemon Water (pg 12) Sweet Potato with Pumpkin Seed Halvah Drizzle (pg 91) Nutritive Tea (pg 74)	Turmeric Golden Milk Latte (pg 78)	Coconut Cardamom Beef & Lentil Stew (LO) (pg 100) Side salad: watercress, sauerkraut, EVOO, lemon, and salt. (NR)	Carrot Ginger Soup (pg 68) Steamed broccoli and avocado (NR)	Dandelion tea (MA) (pg 76) Coconut kefir chia pudding (NR)
6	Warm Lemon Water (pg 12) Fisherman's Breakfast (pg 83) Healing Bone Broth (LO) (40)	Coconut Kefir Chia Pudding (LO) Nutritive Tea (pg 74)	Carrot Ginger Soup (LO) (pg 68) Steamed Cauliflower with Simple Tahini Sauce (MA)	Wild Rice & Black Lentil Dahl (pg 65) Side salad: watercress, sauerkraut, EVOO, lemon, and salt. (NR)	Turmeric Golden Milk Latte (pg 78)
7	Warm Lemon Water (pg 12) Green Smoothie (Coconut yogurt) [MA] (pg 92) Gluten-free toast with pumpkin butter (NR)	Nutritive Tea (pg 74) Chocolate-Covered Brazil Nuts (LO) (pg 128)	Wild Rice & Black Lentil Dahl (LO)(pg 65) Steamed broccoli with lemon and EVOO (NR) Sauerkraut	Surf 'N' Turf (pg 112) Roasted asparagus (NR)	Healing Bone Broth (LO) (pg 40)

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DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
8	Warm Lemon Water (pg 12) Fisherman's Breakfast (pg 83) Healing Bone Broth (LO) (pg 40)	Avocado Citrus Salad (pg 117) Nutritive Tea (pg 74)	Salmon Salad Nori Wraps (pg 96) With side of Sauerkraut	Spaghetti Squash with Pesto (NR) Artichoke and Olive Tapenade (MA) (pg 48)	Ginger Lemon Tea (pg 75) Hemp Halva Bites (pg 125)
9	Warm Lemon Water (pg 12) Green Smoothie (pg 92) Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)	Nutritive Tea (pg 74)	Forbidden Rice Salad (pg 120) Sautéed Kale (NR) Tahini Sauce (pg 38)	Sea Vegetable Soup with Cod (DB) (pg 62)	Healing Bone Broth (pg 40)
10	Warm Lemon Water (pg 12) Forbidden Rice Salad with Avocado & Broccoli Sprouts (LO) (120) Nutritive Tea (pg 74)	Spirulina Latte (pg 79)	Sea Vegetable Soup with Cod (LO) (pg 62) GF Toast with Ghee and Sauerkraut (NR)	Chicken with Fennel and Red Cabbage (pg 104)	Chamomile Mint Latte (pg 79)

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DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
11	Warm Lemon Water (pg 12) Spiced Yogurt Bowl (pg 93) Mushroom Cacao Latte (pg 78)	Hemp Halvah Bites (LO) (pg 125) Nutritive Tea (pg 74)	Sweet Potato, Avocado & Pesto Sandwich (pg 109) Side salad arugula with EVOO and lemon (NR)	Chicken with Fennel & Red Cabbage (LO) (pg 104)	Healing Bone Broth (LO) (pg 40)
12	Warm Lemon Water (pg 12) Green Smoothie (pg 92) Nutritive Tea (pg 74)	Spirulina Latte (pg 79)	Smoked Salmon & Avocado Toasties (NR)	Coconut Cardamom Beef & Red Lentil Stew (pg 100) over arugula	Turmeric Golden Milk Latte (pg 78)
13	Warm Lemon Water (pg 12) Coconut Cardamom Beef & Lentil Stew (LO) over arugula (pg 100)	Chocolate-Covered Brazil Nuts (LO) (pg 128)	Portabella Mushroom Sandwich (pg 116)	Surf 'N' Turf (LO) (pg 112)	Hemp Halvah Bites (LO) (pg 125)
14	Warm Lemon Water (pg 12) Sweet Potato with Pumpkin Seed Halvah Drizzle (pg 91) Healing Bone Broth (pg 40)	Nutritive Tea (pg 74)	Salmon Salad Nori Wraps with sauerkraut (pg 96)	Creamy Cauliflower Soup (pg 58) Savory Sweet Potato Herb Muffins (LO) (pg 89) Side salad: arugula, EVOO, & lemon (NR)	Ginger Lemon Tea (pg 75)