



WEEK THREE MENU PLANS

WEEK THREE INSTRUCTIONS

If there is a recipe that accompanies a meal item you will see (recipe) next to that meal item. Some recipes cook more than one serving and these servings will be used at future meals, noted by (leftover). If an item is from WEEK ONE or WEEK TWO and has been placed in the freezer, I will note it as (from freezer).

The shopping list will call for a couple T of parsley and mint. No need to waste the rest of the bunch. Chop this and add it to your salads, a grain dish or add a few mint sprigs to your smoothie

This is a full week of whole foods cooking – predominantly plant based and is gluten free

Dairy is included in one salad (if dairy free, replace this with nutritional yeast),

Eggs are present in two recipes (Paleo muffins, replace with Ener-G egg replacement and replace one egg with ½ cup white beans per meal plan below, for quinoa breakfast on Saturday).

Fish is included in one recipe. Replace this with ½ cup white beans per meal plan recommendation below

*Be sure to read WEEK THREE PANTRY CHECK LIST. I will assume you have these items on hand.



WEEK THREE MENU PLANS

DAY FIFTEEN

Breakfast

GF Vanilla Breakfast Oatmeal and Double Green Smoothie (Week One Recipe)

Snack

10 cashews + 1 medium apple

Lunch

Mason Jar Salad (leftovers)

Snack

1/2 cup berries + dollop of coconut yogurt

Dinner

2 cups Spiced Red Lentil, Tomato, and Kale Soup (recipe) + Spinach Side Salad: 1.5 cups spinach + 1.5 T salad dressing

DAY SIXTEEN

Breakfast

Paleo Muffin (from freezer) + 1 medium apple

Snack

10 almonds + 1 medium pear

Lunch

Mason Jar Salad (leftovers)

Snack

60 calories rice crackers + 2 T hummus

Dinner

2 cups Spiced Red Lentil, Tomato, and Kale Soup (leftover) + Arugula Salad (recipe)

DAY SEVENTEEN

Breakfast

Frittata Muffin (from freezer) + medium pear

Snack

10 cashews + 1 medium apple

Lunch

1 cup Black Bean Soup (from freezer) + Arugula Salad (leftover)

Snack

1/2 cup berries + dollop of coconut yogurt

Dinner

5 oz Parchment Fish (any wild fish, see past week instructions) with 1.5 cups Moroccan Grated Carrot & Beet Salad (recipe)
 Or replace fish with 1/2 cup white beans, rinsed. Sauté garlic, onion, 1/2 diced bell pepper with 1/2 cup white beans and add a handful of spinach at the end. Stir until wilted, 3 minutes.



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DAY EIGHTEEN

- Breakfast** Quinoa with Poached Egg, Spinach, and Cucumber (WEEK ONE recipe) (can replace egg with white beans as described to replace the fish above)
- Snack** 10 almonds + 1 medium pear
- Lunch** Spiced Red Lentil, Tomato, and Kale Soup (from freezer) with 1.5 cups Moroccan Grated Carrot & Beet Salad (leftover)
- Snack** 60 calories rice crackers + 2 T hummus
- Dinner** 1 cup Energizing Protein Salad (recipe) with spinach salad: 1.5 cups spinach + 1.5 T dressing + 1/3 avocado on top

DAY NINETEEN

- Breakfast** Paleo Apple Coconut Muffin (recipe) + medium pear
- Snack** 10 cashews + 1 medium apple
- Lunch** New Mason Jar Salad (Recipe)
- Snack** 1/2 cup berries + dollop of coconut yogurt
- Dinner** 1 cup Red Lentil and Sweet Potato Stew (recipe) with 1.5 cups Moroccan Grated Carrot and Beet Salad (leftover)

DAY TWENTY

- Breakfast** GF Vanilla Breakfast Oatmeal and Double Green Smoothie (Week One Recipes)
- Snack** 10 almonds + 1 medium pear
- Lunch** Mason Jar Salad + 2.5 T Salad Dressing
- Snack** 60 calories rice crackers + 2 T hummus
- Dinner** 1 cup Energizing Protein Salad (leftover) plus spinach salad: 1.5 cups spinach + 1.5 T dressing + 1/3 chopped avocado



WEEK THREE MENU PLANS

DAY TWENTY-ONE

- Breakfast** Paleo Apple Coconut Muffin (leftover) + Double Green Smoothie
- Snack** 10 cashews + 1 medium apple
- Lunch** Mason Jar Salad + 2.5 T Salad Dressing
- Snack** 1/2 cup berries + dollop of coconut yogurt
- Dinner** 1.5 cup Red Lentil and Sweet Potato Stew (leftover) with Arugula Salad (recipe)