



Meal planner



MONDAY

PEARLED COUS
COUS WITH
KALE,
SUNDRIED
TOMATOES &
RED LENTILS

TUESDAY

EGG
ORZO, GREEN
PEAS WITH
KALE OREGANO
PESTO

WEDNESDAY

PROTEIN
PANCAKE
BLEND WITH
COLLARD
GREENS

THURSDAY

RED LENTIL
COCONUT
SAUCE OVER
RICE

FRIDAY

LENTIL NOODLES
WITH
TOMATOES,
PEPPERS,
COLLARD
GREENS W
EVOO

SNACKS

- greek yogurt with chia
- all the berries
- coconut water freezie
- bell peppers
- rice cakes & baba ghanoush
- seaweed
- cheese sticks
- banana with nut butter
- apple sauce
- cucumber
- kiwi
- lentil crackers
- dehydrated fruit
- Coconut yogurt
- Biobites - BIO RAW

SATURDAY

MUSHROOM
RISOTTO
BALLS
BROCCOLI &
COUS COUS

SUNDAY

RICE & BEANS,
PICKLED VEG,
EGG

Notes

Simple breakfast: oatmeal or ancient grains with nut butter and banana OR chia pudding OR eggs with greens

Used leftovers for lunch or made a protein pancake variation OR avocado toast

