

# Eat to Live 'Good Food' Menu

## Monday

### Breakfast:

Breakfast sausage patties with baked or sautéed cinnamon apples

### Mid-Morning Snack:

Raw nuts or home made trail mix with your choice of nuts and unsweetened dried fruits and dried unsweetened coconut

### Lunch:

Beanless chili

### Mid-Afternoon Snack:

Cauliflower popcorn (roasted cauliflower)

### Dinner:

Apple Butter Pork Loin with roasted butternut squash and Brussels sprouts

### Evening Snack:

Banana ice cream (frozen bananas, raw cocoa powder, sun butter)

## Tuesday

### Breakfast:

Hemp protein smoothie with Mixed Berries, banana and kale

### Mid-Morning Snack:

Home made bar with dried fruit, sun butter, dates and sunflower seeds

### Lunch:

Spaghetti squash Pasta with Ground Turkey meat sauce

### Mid-Afternoon Snack:

Chicken salad stuffed deviled eggs

### Dinner:

Chicken and veggie stir fry over Cauliflower rice

### Evening Snack:

Pear and blueberry crumble (topped with chopped raw nuts, coconut oil crumble) baked

## Wednesday

### Breakfast:

Coconut milk yogurt with chia seeds, chopped nuts and berries

### Mid-Morning Snack:

Celery with Sunflower seed butter

### Lunch:

Gumbo with chicken, shrimp and nitrate free andouille sausage, okra and veggies

### Mid-Afternoon Snack:

Nutty Red Pepper Dip (pureed red pepper, walnut, lemon juice and sea salt) with raw veggies

### Dinner:

Lettuce wrapped Tacos with salsa and sliced avocado

### Evening Snack:

Watermelon sorbet

## Thursday

### Breakfast:

Zucchini Pancakes or Zucchini egg muffins

### Mid-Morning Snack:

Cinnamon applesauce with almond butter mixed in (or just put raw almond butter on a sliced apples and sprinkle with cinnamon)

### Lunch:

Spinach salad with sliced avocado, wild caught grilled salmon, berries, raw pecans and uncured bacon

### Mid-Afternoon Snack:

Baked sweet potato chips with guacamole

### Dinner:

Mini meatloaf muffins with mashed cauliflower and red cabbage apple and walnut slaw

### Evening Snack:

Berries with coconut milk whipped cream

## Friday

### Breakfast:

Veggie Frittata

### Mid-Morning Snack:

Pitted dates stuffed with raw coconut oil and a raw pecan

### Lunch:

Zucchini noodle veggie lasagna with meat sauce

### Mid-Afternoon Snack:

Baked kale chips

### Dinner:

Grilled Turkey Burgers side of grilled zucchini and sweet potato fries

### Evening Snack:

Pumpkin custard

I use a **VitaMix** to make my smoothies, cream soups, home made ice cream and sorbet. I also make many of my recipes in a slow cooker.

When pan frying, I use stainless steel or non-toxic coated pots/pans. A dehydrator can be used to make home made veggie chips and unsweetened dried fruit. You can buy a *spiralizer* to make "noodles" out of any vegetables. Great for making fruits into baked dessert dishes too.