

Sample Menu GFDFEF

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast:</u> Buckwheat Waffle with Sunflower seed Butter</p> <p><u>Mid-Morning Snack:</u> Handful of Walnuts or pecans (raw)</p> <p><u>Lunch:</u> Turkey Sausage Minestrone Soup</p> <p><u>Mid-Afternoon Snack:</u> Hummus with Carrots, Red Peppers, Zucchini & Celery</p> <p><u>Dinner:</u> Apple Butter Pork Loin with Sweet Potato Casserole and Steamed Broccoli</p> <p><u>Evening Snack:</u> So Delicious coconut milk vanilla bean ice cream with walnuts, pe-</p>	<p><u>Breakfast:</u> Pea protein smoothie with Mixed Berries and banana</p> <p><u>Mid-Morning Snack:</u> Home made granola bar with GF oats, sun butter and sunflower seeds and dried cranberries</p> <p><u>Lunch:</u> Quinoa Pasta with Ground Turkey meat sauce</p> <p><u>Mid-Afternoon Snack:</u> Chickpea Bruschetta on lettuce leaves</p> <p><u>Dinner:</u> Baked Chicken with Garlic Smashed Potatoes Steamed with Cabbage</p> <p><u>Evening Snack:</u> Pitted Dates Stuffed with Raw Coconut Oil and a Raw Pecan</p>	<p><u>Breakfast:</u> Corn Cereal with soy milk</p> <p><u>Mid-Morning Snack:</u> Banana with Sunflower seed butter</p> <p><u>Lunch:</u> Chicken Tortilla Soup</p> <p><u>Mid-Afternoon Snack:</u> Nutty Red Pepper Dip (pureed red pepper, walnut, lemon juice and sea salt) with Celery</p> <p><u>Dinner:</u> Crispy Black Bean Tacos with Cabbage Slaw and Sliced Avocado</p> <p><u>Evening Snack:</u> Sliced Watermelon</p>	<p><u>Breakfast:</u> Gluten Free oats with turkey sausage</p> <p><u>Mid-Morning Snack:</u> Quinoa Banana Bread</p> <p><u>Lunch:</u> Spinach salad with grilled chicken and berries</p> <p><u>Mid-Afternoon Snack:</u> Cabbage leaves stuffed with ground turkey and Quinoa, baked in tomato soup</p> <p><u>Dinner:</u> Shredded pork loin on lettuce with broccoli slaw and green onions</p> <p><u>Evening Snack:</u> Air popped popcorn</p>	<p><u>Breakfast:</u> Coconut milk yogurt with gluten free granola</p> <p><u>Mid-Morning Snack:</u> Corn cake with Chicken salad made with Vegennaise</p> <p><u>Lunch:</u> Quinoa with Black Beans and Cilantro</p> <p><u>Mid-Afternoon Snack:</u> Lentils with Sautéed Spinach & Onion</p> <p><u>Dinner:</u> Grilled Turkey Burger with corn on the cob and grilled zucchini</p> <p><u>Evening Snack:</u> Pea protein shake with 1/2 Frozen Banana, 1 Tbsp. Raw Cocoa Powder</p>

All recipes referenced in at www.cookingwitholivia.com

Sample Menu 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast:</u> Breakfast Casserole</p>	<p><u>Breakfast:</u> Zucchini Pancakes</p>	<p><u>Breakfast:</u> Yogurt Parfait</p>	<p><u>Breakfast:</u> Super Smoothie</p>	<p><u>Breakfast:</u> Veggie Muffins with Jones's Naturals Turkey Sausage</p>
<p><u>Mid-Morning Snack:</u> Trail Mix snack</p>	<p><u>Mid-Morning Snack:</u> Chocolate Dipped Coconut Luna Bar</p>	<p><u>Mid-Morning Snack:</u> Bolthouse Farms Protein Drink</p>	<p><u>Mid-Morning Snack:</u> Organic Greek Yogurt</p>	<p><u>Mid-Morning Snack:</u> 1 slice of Quinoa Ba- nana Bread</p>
<p><u>Lunch:</u> Chicken Salad Roll Ups with home made dill pickles</p>	<p><u>Lunch:</u> Gumbo</p>	<p><u>Lunch:</u> Deviled eggs stuffed with chicken salad</p>	<p><u>Lunch:</u> Chickpea Bruschetta in lettuce boats.</p>	<p><u>Lunch:</u> Taco Salad with fresh Guacamole and Baked Blue Corn Chips</p>
<p><u>Mid-Afternoon Snack:</u> Celery with Sunflower seed Butter</p>	<p><u>Mid-Afternoon Snack:</u> Tomato Feta Dip with Kashi Tasty Little Crackers.</p>	<p><u>Mid-Afternoon Snack:</u> Portobello Mushroom Pizza</p>	<p><u>Mid-Afternoon Snack:</u> Brown Rice cake with cottage cheese and sliced tomato</p>	<p><u>Mid-Afternoon Snack:</u> Lentils and Brown Rice & Sautéed Spinach & Onion</p>
<p><u>Dinner:</u> Crock Pot Lasagna and salad</p>	<p><u>Dinner:</u> French Onion Pork Chops with Grilled Veggies and Garlic Smashed Potatoes</p>	<p><u>Dinner:</u> Stuffed Cabbage</p>	<p><u>Dinner:</u> Bacon Wrapped Shrimp with Stone Ground mustard potato salad and Detox Slaw</p>	<p><u>Dinner:</u> Jamaican Jerk Burgers with slaw</p>
<p><u>Evening Snack:</u> Strawberries with Amaretto Fruit Dip</p>	<p><u>Evening Snack:</u> Greek Yogurt Popsicle</p>	<p><u>Evening Snack:</u> Whole Grain Cinnamon Pita Chips with Fruit Salsa and Cottage Cheese</p>	<p><u>Evening Snack:</u> Sautéed Apples Over So Delicious Coconut Milk Yogurt</p>	<p><u>Evening Snack:</u> Crispy Rice Squares</p>

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