

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast:</u> Kashi Go Lean Waffle with Raw Almond Butter</p> <p><u>Mid-Morning Snack:</u> Handful of Almonds and Walnuts (raw)</p> <p><u>Lunch:</u> Sausage Tortellini 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 Green Beans</p> <p><u>Evening Snack:</u> Cottage Cheese with Cinnamon, Raw Agave Nectar or Stevia and Sliced Banana</p>	<p><u>Breakfast:</u> Ultra Meal Shake with Mixed Berries and 2 Tbsp. of Ground Flax</p> <p><u>Mid-Morning Snack:</u> Meal Replacement Protein Bar (Clif, Luna or Ultra Meal)</p> <p><u>Lunch:</u> Barilla Plus Pasta with Beet Greens, Pine Nuts and Feta</p> <p><u>Mid-Afternoon Snack:</u> Edamame</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 Almond</p>	<p><u>Breakfast:</u> 2 Omega Eggs with 1 Slice of Sprouted Wheat Toast</p> <p><u>Mid-Morning Snack:</u> Kashi Go Lean Oatmeal</p> <p><u>Lunch:</u> Chicken Tortilla Soup</p> <p><u>Mid-Afternoon Snack:</u> Nutty Red Pepper Dip with Celery</p> <p><u>Dinner:</u> Crispy Black Bean Tacos with Feta and Cabbage Slaw and Sliced Avocado</p> <p><u>Evening Snack:</u> Almond Balls</p>	<p><u>Breakfast:</u> English Toffee French Toast with 1 Scoop of Ultra Meal Rice</p> <p><u>Mid-Morning Snack:</u> Organic Greek Yogurt with Fresh Strawberries or Blueberries</p> <p><u>Lunch:</u> Sweet and Crunchy Fruity Salad</p> <p><u>Mid-Afternoon Snack:</u> Chicken Salad on a Brown Rice Cake & Sliced Cucumber</p> <p><u>Dinner:</u> Greek Burgers on Whole Wheat Pita with Greek Salad</p> <p><u>Evening Snack:</u> Sautéed Apples Over Cottage Cheese</p>	<p><u>Breakfast:</u> Kashi Go Lean Crunch Cereal with Rice Milk</p> <p><u>Mid-Morning Snack:</u> Hard Boiled Omega Egg & Apple</p> <p><u>Lunch:</u> Quinoa with Black Beans and Cilantro</p> <p><u>Mid-Afternoon Snack:</u> Lentils and Brown Rice & Sautéed Spinach & Onion</p> <p><u>Dinner:</u> Lettuce Wraps with Broccoli Slaw, Slivered Almonds and Green Onions</p> <p><u>Evening Snack:</u> Ultra Meal Shake with 1/2 Frozen Banana, 1 Tbsp. Raw Cocoa Powder and 1 tbsp. Organic Peanut Butter</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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