

Menu #2

Monday

b- egg on goat cheese toast, fruit, hot lemon water or green tea

l- tuna and apple salad on watercress, rice crackers

d- socca with [Best Lentil Salad Ever](#)

Tuesday

b- oatmeal with raisins, apple, cinnamon, pecans, and nut butter, hot lemon water or green tea

l- socca, [Best Lentil Salad Ever](#)

d- [Spicy Sweet Potatoes](#)

Wednesday

b- [Carrot Rhubarb Muffins, Strawberry Chia Jam](#), hot lemon water or green tea

l- [Spicy Sweet Potatoes](#)

d- [Rice Noodles with Peanut-Lime Chicken](#)

Thursday

b- [Chocolate-Ginger Buckwheat granola parfait](#)

l- [Rice Noodles with Peanut-Lime Chicken](#)

d- [Peach, Pea and Goat Cheese Salad, Multi-Seed Loaf](#)

Friday

b- veggie scrambled eggs, fruit salad

l- [Peach, Pea and Goat Cheese Salad, Multi-Seed Loaf](#)

d- [Feta and Black Bean Burger](#), Zucchini Fries

Saturday

b- smoked salmon, avocado, and greens on [Multi-Seed Loaf](#), grapefruit half, hot lemon water or green tea

l- [Feta and Black Bean Burger](#), Zucchini Fries

d- clean out the fridge soup

Sunday

b- oatmeal with raisins, apple, cinnamon, pecans, and nut butter, hot lemon water or green tea

l- lunch date

d- pasta with veggie packed marinara, steamed spinach

Snack Ideas

[BB Brownies](#)
frozen or fresh fruit
banana slices and melted chocolate
apple slices and nut butter

b= breakfast, l= lunch, d= dinner