

real food

Menu Plan

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

<i>Rachel</i>	eggs, blueberries	soaked oatmeal with walnuts and shredded coconut	whole wheat sour-dough pancakes, raw milk	eggs, cherries	whole wheat sour-dough pancakes, raw milk
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<i>Faith</i>	Steamed eggs with nutritional yeast	Coconut Porridge	Zucchini Protein Pancakes	Cookie Bowl Oatmeal	Eggs with zucchini
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LUNCH

<i>Rachel</i>	blueberry kefir smoothie, sardines	leftovers, cantaloupe kefir smoothie	leftovers, blueberry kefir smoothie	leftovers, cantaloupe kefir smoothie	blueberry-peach kefir smoothie, sardines
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<i>Faith</i>	Lean lettuce wraps	Harvest salmon bisque	Lettuce wraps with hummus	Salmon salad on sprouted wraps	Black bean salsa with lettuce
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DINNER

<i>Rachel</i>	shepherd's pie with cauliflower crust, summer salad with peaches and gouda	pasta and meatballs, steamed green beans	crook pot shredded pork lettuce wraps, roasted artichoke with garlic butter	lamb kabobs, spinach pie (dinner out)	cheesy baked lentils, baked sweet potatoes, steamed broccoli
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<i>Faith</i>	Balsamic chicken; roasted vegetables	Beef stroganoff with rice; veggie side	Chicken stir fry with rice	Eggs, sausage, veggies	Taco Salad with beans
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SNACKS

<i>Rachel</i>	raw milk with blackstrap molasses, kombucha	raw cheese, kefir soda	veggie sticks, kombucha	raw milk with blackstrap molasses	cherries, kefir soda
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<i>Faith</i>	Skinny chocolate	Just like Wheat Thins crackers	Raw cheese	Peanuts	Hummus, Veggies
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