

real food

Menu Plan

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

<i>Rachel</i>	whole wheat sour-dough pancakes, raw milk	soaked oatmeal with walnuts and crystallized ginger	eggs, avocado	eggs, whole wheat sourdough pan-cakes	eggs, blueberries
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<i>Faith</i>	Protein pancakes with blueberries	Eggs, toast	Blueberry granola	Eggs, cereal	Refrigerator oatmeal
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LUNCH

<i>Rachel</i>	cheesy eggplant bake, cantaloupe kefir smoothie	leftovers, blueberry-peach kefir smoothie	leftovers, strawberry-mango kefir smoothie	leftovers, cantaloupe kefir smoothie	leftovers, peach kefir smoothie
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<i>Faith</i>	Sardines, veggies and raspberry cream soda	Asian spaghetti with zucchini, carrots, and Shitake mushrooms	Tuna salad, veggies, cherries	Leftovers	Salmon salad, veggies, crackers
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DINNER

<i>Rachel</i>	spicy herb and spinach burgers , brown rice, steamed broccoli	lentil vegetable stew, sautéed Swiss chard	skillet meat and potatoes with goat cheese	grilled chicken, spinach, and strawberry salad with balsamic vinaigrette	roasted chicken, baked potatoes, sautéed kale
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<i>Faith</i>	Greek stuffed peppers, veggies	Cilantro avocado chicken with home-made salsa and rice	Stromboli	Spinach and Black Bean Enchiladas, salad	spicy herb and spinach burgers , corn-on-the-cob, sliced tomatoes
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SNACKS

<i>Rachel</i>	raw milk with blackstrap molasses	tulsi tea , kefir soda	raw milk with blackstrap molasses, kombucha	coconut-alfalfa energy bites (recipe coming soon)	tulsi tea, coconut-alfalfa energy bites
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<i>Faith</i>	Soaked whole wheat bread	Peanut butter crackers	Hard-boiled eggs	Peanuts and raisins	Carrots
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