

Week 1

Breakfast

- Oatmeal with stewed fruit, ground flax meal, chia seeds, cinnamon and walnuts
- Broccoli spinach frittata

Lunch

- Multi bean soup with stewed chicken
- Hummus avocado sandwich with cucumbers on sprouted whole wheat bread

Dinner

- Seasonal squash casserole layered with ground meat, cheese, tomato sauce
- Seared salmon with sauteed napa cabbage, string beans and sweet peppers