

BREAKFAST hoose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.





INGREDIENTS: FULL FAT COCONUT MILK, PROTEIN POWDER, SPINACH, MIXED BERRIES, FLAXSEED.



CHIA SEED PUDDING WITH
BERRIES, KIWI, HEMP SEEDS,
AND COCONUT.

INGREDIENTS: CHIA SEEDS, NON DAIRY MILK, VANILLA EXTRACT, KIWI, BERRIES, HEMP SEEDS, TOASTED OR UNSWEETENED COCONUT FLAKES.



GREEN SMOOTHIE

INGREDIENTS: COCONUT
MILK (CANNED), KALE,
MANGO, FLAXSEED, HEMP
SEEDS, GREEN APPLE.



Almond Flour Blueberry Muffins .

INGREDIENTS: ALMOND FLOUR,
BAKING SODA, SALT, EGGS,
HONEY, OLIVE OIL, VANILLA,
LEMON, FRESH OR FROZEN
BLUEBERRIES.



STEEL CUT OATMEAL WITH BERRIES

INGREDIENTS: STEEL CUT
OATMEAL, FULL FAT COCONUT
MILK, MIXED BERRIES, CHIA
SEEDS.



CASSAVA FLOUR APPLE MUFFINS

INGREDIENTS: CASSAVA FLOUR, EGGS, COCONUT SUGAR, OLIVE OIL, VANILLA EXTRACT, COCONUT MILK, TAPIOCA STARCH, CINNAMON, APPLES, SEA SALT, BAKING SODA, ALUMINUM FREE BAKING POWDER.



CINNAMON HONEY PEACH OVERNIGHT OATS

INGREDIENTS: NON-DAIRY
PLAIN YOGURT (I RECOMMEND
FULL FAT), NON DAIRY MILK,
CHIA SEEDS, ROLLED OATS,
CINNAMON, SALT, PEACH,
HONEY



Nut Butter and Banana Wrap

INGREDIENTS: SPROUTED
GRAIN OR CASSAVA FLOUR
WRAP, GREEN BANANA, HEMP
SEEDS, NUT BUTTER, SERVED
WITH A SIDE OF BLUEBERRIES.



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Quinoa Bowl

Ingredients: Sautéed carrots, Brussel sprouts, broccoli, zucchini, and bell pepper with olive oil and lemon over cooked quinoa.

SWEET POTATO AND BEANS

INGREDIENTS: SLICED
AVOCADO, COOKED SWEET
POTATO, CANNED BLACK
BEANS, WATERCRESS OR
ARUGULA, APPLE CIDER
VINEGAR, OLIVE OIL, AND
TAHINI. SERVE WITH AN
ORANGE.

Arugula Feta Salad

INGREDIENTS: ARUGULA, FETA CRUMBLES, COOKED BUTTERNUT SQUASH, POMEGRANATE SEEDS, HEMP HEARTS, OLIVE OIL, APPLE CIDER VINEGAR.

FGG SALAD SANDWICH

INGREDIENTS: HARD BOILED EGGS MIXED WITH AVOCADO OIL MAYO, SALT, PEPPER, AND DILL OVER SLICED TOMATO, MIXED GREENS, AND SPROUTED GRAIN BREAD.



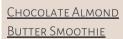






YOGURT BOWL

INGREDIENTS: FULL FAT GREEK OR COCONUT MILK YOGURT, MIXED BERRIES, UNSWEETENED COCONUT SHREDS, CHOPPED NUTS OR CHIA SEEDS, MINT LEAVES.



INGREDIENTS: CHOCOLATE
PROTEIN POWDER, ALMOND
BUTTER, CHIA SEEDS,
SPINACH, CACAO NIBS,
UNSWEETENED ALMOND
MILK.

Tempeh Bowl

INGREDIENTS: COOKED
SLICED TEMPEH, RICE,
STEAMED BROCCOLI, SESAME
SEEDS, SOY SAUCE.

GUACAMOLE OR HUMMUS
PLATE

INGREDIENTS: GUACAMOLE
(PRE-MADE OR MASHED
AVOCADO WITH ONION) OR
HUMMUS, SLICED REG PEPPERS,
SNAP PEAS, AND SPROUTED
GRAIN BREAD.

DINNER hoose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



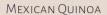






Quinoa Bowl

INGREDIENTS: COOKED
QUINOA, CUCUMBERS,
SHREDDED CARROTS,
SHREDDED CABBAGE, RED BELL
PEPPER, OLIVE OIL, OREGANO,
BLACK PEPPER,



Ingredients: Cooked
QUINOA, CANNED BLACK
BEANS, CANNED, CORN,
CANNED TOMATOES, OLIVE OIL,
SEA SALT, PEPPER.

VEGGIE QUESADILLA

INGREDIENTS: WHOLE
WHEAT OR SPROUTED
GRAIN TORTILLAS, 14OZ CAN
BLACK BEANS, CORN,
CILANTRO, RED ONION,
CUMIN, SALT, SHREDDED
CHEESE (NON-DAIRY OR
GOAT, SHEEP), SALSA

Honey Garlic Tofu

INGREDIENTS: EXTRA FIRM
TOFU, AVOCADO OIL,
CORNSTARCH, GARLIC,
TOASTED SESAME OIL, HONEY,
SOY SAUCE, RICE VINEGAR,
GREEN ONION. SERVE WITH
BROWN RICE AND STEAMED
BROCCOLI.



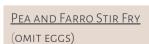






PESTO PASTA SALAD

INGREDIENTS: LENTIL PASTA,
PESTO, RED BELL PEPPERS,
AVOCADO, SPINACH.



INGREDIENTS: OLIVE OIL, SWEET ONION, GARLIC, FARRO, FROZEN PEAS, PAPRIKA, FRESH BASIL, SALT, PEPPER.



INGREDIENTS: QUINOA,
BROCCOLI, SCALLION, HERBS,
EGG (OR FLAX EGG), GARLIC,
SALT, PEPPER, ALMOND
FLOUR, VEGAN CHEESE,
AVOCADO OIL.

LENTIL SOUP

INGREDIENTS: OLIVE OIL,
ONION, CARROTS, CELERY,
TOMATO PASTE, GARLIC,
CUMIN, OREGANO, BASIL,
THYME, SALT, PEPPER, FIRE
ROASTED DICED TOMATOES,
VEGETABLE BROTH, BROWN
LENTILS, KALE, LEMON.