

Weekday Lunch Smoothie

Base

1. [Oatmeal Protein Packet](#)

Spices

1. Haldi/Turmeric 1/8 teaspoon
2. Cardamom 1/8 teaspoon
3. Cinnamon 1/8 teaspoon
4. [Bee pollen](#) 1 teaspoon
5. [Machi Power](#) 1/2 teaspoon

*A small amount of caffeine, but not enough to affect sleep for me

6. [Athletic Greens](#) 1 Scoop
7. [Protein Powder *](#) 1/4th cup

(* made especially for peri/menopause support)

Toppings

1. Walnuts 1 Tablespoon
2. Almonds 1 Tablespoon
3. Chia seeds 1 Tablespoon
4. Flax seeds 1 Tablespoon
5. Hemp hearts 1 Tablespoon
6. Coconut flakes 1 Tablespoon
7. Pitted Dates 3 Pieces

Day of

1. Almond milk 8 oz
2. Ghee 1 teaspoon
3. Blueberry 1/2 cup

4. Lemon Flavored [Fish Oil](#) 1 Tablespoon

- Makes 2 servings
- Note - You can premake base, spices, and toppings (I make about 5 pouches for 10 days every other Saturday)
- Roughly 800 calories (so **400 calories per serving**)

Weekday Dinner Meal

Every Sunday I make this in the rice cooker (brown rice setting)

Base:

1. 1/3 cup dry Black Beans
2. 1/3 cup dry Quinoa
3. 1/3 cup dry Black Lentils
4. 1/3 cup dry Chickpeas (soaked overnight the night before).

My daily meal:

1. 1/4-1/2 cup of the base
2. 1 Tablespoon [Sauerkraut](#)
3. 1 Tablespoon [Kimchi](#)
4. 1 Tablespoon [Gigandes Beans in Vinaigrette](#)
5. 1 Teaspoon Olive Oil
6. 1/2 to 3/4 cup of dry [AeroFarms Super Micro Greens](#)
7. 1/4-1/2 cup [Bone Broth](#)
8. 1 Teaspoon Sesame Seeds
9. Salt/pepper/garlic powder to taste
10. Add my protein (salmon, chicken..leftovers). *

- Roughly **200-250 Calories** without protein