

Day 1

Breakfast



[Kale and Mushroom Oat Groats](#)

Lunch



[Beans and Greens Soup](#)

Dinner



[Sweet Red Lentil Curry](#)

Snack



[Peanut Butter and Cranberry Granola Bars](#)

Day 2

Breakfast



[Fluffy Buckwheat Chia Pancakes](#)

Lunch



[Lentil Quinoa Collard Wraps](#)

Dinner



[Porcini Mushroom Cacio e Pepe](#)

Snack



[The Unsweet Smoothie](#)

Day 3

Breakfast



[Delicious Omega 3 Smoothie Bowl](#)

Lunch



[Cruciferous Crunch Bowl](#)

Dinner



[Garlic Ginger Veggie Stir-Fry](#)

Snack



[Crispy Miso Onion Chickpeas](#)

How to Incorporate GBOMBS Into Daily Meals

Greens

- Toss a large leafy salad
 - Suggestion: Check out [Dr. Fuhrman's salad dressings](#)
- Saute greens and include as a side dish or meal base
- Mix greens into soups and stews
- Puree [low-oxalate](#) greens into smoothies
- Add greens to stir-fries, grain bowls, and breakfast hashes.

Beans

- Make a multi-bean chili
- Use beans in tacos and burritos
- Mix beans into homemade veggie burger patties
- Mash or puree beans into dips and spreads
- Use beans in whole food brownie mixes

Onions

- Use raw onions in salads
- Top veggie burgers and sandwiches with raw or cooked onions
- Include them in soups, stews, and homemade vegetable broth
- Use them in salsas and other dips
- Add to casseroles, grain bowls, stir-fries, and pasta dishes

Mushrooms

- Use as a meat substitute in sandwiches, tacos, or chili
- Stuff them with herbs, nuts, and breadcrumbs
- Use a mushroom powder in hot beverages
 - Suggestion: Check out [Dr. Fuhrman's Mushroom Chai Superfood Powder](#) or [Dr. Fuhrman's Chocolate Chaga Mushroom Powder](#)
- Add to soups, curries, and pasta dishes
- Serve as a side dish

Berries

- Add fresh or frozen berries to smoothies and mocktails
- Make a fruit salad
- Make a whole food berry jam, preserve, or dressing
- Eat as a snack on their own
- Make a berry nice cream or warm, berry-flavored dessert

Seeds

- Make a homemade seed butter and drizzle on bread, smoothie bowls, or fruit
- Use as a topping for salads, oatmeal, yogurt, or nice cream
- Include in trail mix or homemade granola
- Mix into baked goods like pancakes or muffins
- Blend into dips or mix into a dressing

