



WEEK 3-4: SELF-CARE AND MEAL PLAN CHART

Sample Menu for Meals Using the Healthy Food Prescription from 1/4/2020

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prayer, Journaling, or Meditation (Morning Recommended) Choose 3 Days: 5-10 min							
Exercise (Anytime) Choose 3 Days: 15-30 min							
Upon Rising: 8 fl oz (240 ml) water (add 1/4 fresh lemon or 1 tsp apple cider vinegar if desired)							
<i>Breakfast</i>	oatmeal, strawberries, almond milk	oatmeal, almond milk, peanut butter	avocado, eggs, oatmeal	oatmeal, cashews, blueberries	avocado, sweet potato (baked & sliced, with cinnamon)	oatmeal, strawberries, almond milk	oatmeal, almond milk, granny smith apple
<i>Morning Snack</i>	cashews & apple	boiled egg, blueberries	cashews and strawberries	boiled egg, grape tomatoes	celery & peanut butter	boiled egg, blueberries	celery & peanut butter
<i>Lunch</i>	Salad / Avocado, lettuce, zucchini, celery, tomatoes, red beans.	Salad / Avocado, spinach, red onions, celery, tomatoes, chicken leftovers	Salad / Lettuce, cauliflower, celery, red beans, red onions.	Salad / Lettuce, zucchini, celery, tomatoes, Fish leftovers	Salad / Avocado, spinach, red onions, celery, tomatoes, chicken leftovers	Salad / Lettuce, zucchini, celery, tomatoes, Fish leftovers	Salad / Lettuce, strawberries, celery, tomatoes, red beans.
<i>Afternoon Snack</i>	Yogurt, Almond Milk & Blueberries	Yogurt & Avocado	Yogurt, Peanut Butter & Apple	Yogurt & Avocado	Yogurt, Almond Milk & Blueberries	Yogurt & Avocado	Yogurt, Peanut Butter & Apple
<i>Dinner</i>	Chicken stir fry in olive oil with Cauliflower Rice, Red Onion, Quinoa	Whole grain Penne, Red Onion, Grape Tomatoes, Tomato Paste	Salmon Fish, cooked with Lemon and Tomatoes, steamed Zucchini and brown rice	Organic Tricolor Quinoa, Red beans & Spinach cooked with Tomato Paste, Italian spice packet	Brown Rice, Fish with Lemon and zucchini grilled	Sweet Potato and Red Bean Chili, using red onions, celery	Eggs, Spinach & Tomatoes omelette with avocado