



WEEK 5-6: 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>	whole grain bread toast, blackberries & almond milk	oatmeal, almond milk, bananas & apples	avocado, eggs, oatmeal	avocado toast, eggs, blueberries	oatmeal with cinnamon blueberries and bananas	oatmeal, apples, almond milk	avocado toast, eggs, blueberries
<i>Morning Snack</i>	almonds & apple slices	yougurt, blueberries, almond milk	boiled egg, cucumber slices	yogurt, almonds and blackberries	celery & peanut butter or almonds	boiled egg, avocado slices	celery & peanut butter or almonds
<i>Lunch</i>	Salad / Avocado, lettuce, cucumber, celery, black beans, broccoli	Soup / spinach, onions, celery, tomatoes, fish	Salad / Avocado, spring mix, onions, cucumber, celery, black beans, broccoli	Wrap / bread or lettuce wrap, spring mix, broccoli, peppers, onions, fried egg	Salad / Avocado, spring mix, onions, cucumber, celery, black beans, broccoli	Sandwich / Lettuce, cucumbers, chicken leftovers, ranch dressing	Salad / Avocado, lettuce, onions, cucumber, celery, black beans, broccoli
<i>Afternoon Snack</i>	Vanilla greek yogurt & blackberries with almonds	Apples & Almonds	Vanilla greek yogurt, peanut butter & banana	Boiled egg, celery	Vanilla green yogurt & bananas with almonds	Boiled egg, celery	Avocado toast and blackberries
<i>Dinner</i>	Chicken stir fry in olive oil with broccoli, peppers & onions, Quinoa	Cod Fish with whole grain spaghetti, with peppers, onions fried with lemons in olive oil	Cod Fish grilled with Ranch Dressing, Green peppers, onions grilled and quinoa	Eggs Omelette, Spring Mix & Cucumber side salad with avocado and whole grain bread	Ranch-Cholula chicken broiled/grilled with broccoli, onions, organic quinoa	Chicken and peppers, with black beans using onions, celery and brown rice	Lentils with Cholula hot sauce/tomato paste, lemons, steamed broccoli and brown rice