



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>	Overnight soaked oats with almond milk, walnuts, blueberries	oatmeal, almond milk, bananas & peanut butter	avocado, eggs, oatmeal	sweet potatoe slices, blueberries, almond milk	oatmeal with cinnamon blueberries and 1/2 banana	yogurt, apples, almond milk	avocado, eggs, blueberries oatmeal
<i>Morning Snack</i>	walnuts & apple slices	yogurt, banana, almond milk	boiled egg, greek yogurt	yogurt, walnuts and apple slices	celery & peanut butter	boiled egg, avocado slices	yogurt, banana, almond milk
<i>Lunch</i>	Salad / Avocado, lettuce, zucchini, celery, black beans, Top with Superfoods Spirals & Caesar Dressing	Soup / mushrooms, onions, celery, tomatoes, penne pasta	Salad / Avocado, Superfoods Salad, onions, celery in Balsamic, with baked sweet potato wedges	Wrap / lettuce wrap, superfood spirals, lettuce, celery, walnuts, fried egg	Salad / Avocado, Superfoods Salad, onions, celery in Balsamic, with baked sweet potato wedges	Sandwich / Sweet Potatoe slices, zucchini slices, superfood spirals, avocado, caesar dressing	Salad / Lettuce, zucchini, celery, black beans, Top with Superfoods Spirals & Caesar Dressing
<i>Afternoon Snack</i>	Celery with Peanut Butter	Walnuts & 1/2 Banana	Apples with Peanut Butter	Almond milk, avocado slices	Walnuts & 1/2 Banana	Celery with Peanut Butter	Apple slices & Walnuts
<i>Dinner</i>	Turkey meatballs with basil, tomato paste sauce, onions and mushrooms over Pasta Penne	Pan seared Tilapia, zucchini & onions, Black Beans and Rice with Superfood Salad side	Turkey burgers, wrap in Lettuce, Avocado & Basil, with black beans and brown rice	Sweet potatoe cubes, avocado, blueberries tossed with Balsamic Glaze over steamed Tilapia	Turkey in Soup with basil, mushrooms, celery, onions and a side of quinoa	Broiled brussel sprouts and Tilapia with lemon juice & broiled slices, over warm quinoa	Eggs Scrambled with mushrooms and basil, side of broiled brussel sprouts