

WEEKLY MENU PLANNER-family friendly

| | Breakfast | Lunch | Dinner |
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| Sunday | Baked egg cups in turkey slice or bacon. | veggie platter, tapas platter | Mexican: Taco Night & Games Night |
| Monday | Breakfast Bowl: steel oats/ground nuts porridge w seeds, cinnamon, and blue berries | apple cheddar quesadilla, homemade chicken nuggets, smoked salmon roll up | Fish or Soup Night: salmon cakes, halibut, fish sticks with yam fries, tower of power, chili, soup pot. mac'n cheese, barley lentil, udon noodle, sausages |
| Tuesday | Salmon Pancakes | meat slices rolled up in cucumber or pickles. | Pasta (kelp noodles, zucchini, rice or quinoa noodles): fresh basil tomato anchovy, turkey, tuna w feta, pesto, rustica (cabbage tomato sauce), lasagna soup, sesame garlic. |
| Wednesday | Julia Child Omelet | Roast Chicken chunk skewers | Sausages or Burgers: lamb sausages, bison sausages, salmon sausages, turkey burgers, with steamed veggies, lettuce buns |
| Thursday | french toast (Gluten Free Bread, eggs, and coconut milk) | boiled eggs chopped salad/veggies | Asian cuisine: stir fry, indian, thai, sushi, cambodian stew, / Super salad w roast chicken; hot salad, spring roll salad with green sauce, chicken coconut soup, salmon laska with rice noodles. |
| Friday | Grain Free Cereal with Almond Milk | Turkey lettuce roll ups. | Ron's Pizza Movie Night |
| Saturday | Coconut pancakes-Ron | soup: chicken noodle, roast veggie; leek; potato; | Kids Dinner/Date Night Dinner out -or Roast or Stew in. |

Snacks: apple rings, apples, pears, banana, grapes, apricots, carrot sticks, cucumber, cherry tomatoes, seed and dried fruit mix, banana bread, raw veggie, rice crackers, ants on a log, kiwi, popcorn, seaweed, homemade cookies, nitrite free pepperoni, strawberries, melons, seaweed, fig bars, macadamia nuts and golden berries

Salads: Tuna nicoise, papaya salad, cilantro salad, caesar salad, greek spinach salad w/pumpkin seeds and raisins; Mixed lettuce w/ pecans, blue cheese, and pear. Mixed lettuce toppings: raisins, cranberries, seeds, nuts, smoked tofu, shredded cheese, feta, goat cheese, chia, seaweed, sprouts, beans; French potato salad; salmon/ sardine salad; arugula w/ lemon & crumbled pecans, tower of power, kelp noodle salad, vibrant energy salad.

Other ideas by Jody:

1. raw marinara sauce with zucchini noodles
2. raw flax seed oatmeal (soak 2 tbs flax overnight, rinse then blend with a banana and a pear/or apple, cinnamon and top with raw cacao and chia, hemp and goji berries (Dr. J's everyday morning meal)
3. raw salad: avocado chunks, lettuce, chia, tomatoes, beans and cubed tomato w/ lemon and olive oil. sprinkle crushed nori on top with pumpkin seeds and walnuts.
4. raw granola bars
5. green smoothies: 3 cups spinach, 1 cup pineapple, 1 banana, water, cinnamon and blend.
6. Date shake: 1 banana, 3-4 pitted dates, 2 cups almond milk, cinnamon, 1 tsp vanilla and add 2 tbs pre soaked (in almond milk) chia seed. add ice and blend.
7. carrot morning: carrot, lemon, ginger, apple
8. raw ice cream: blend frozen bananas, coconut pulp and add vanilla or coco powder.
9. big salad: butter lettuce, tomato, avocado, carrots, cabbage, smoked organic tofu cubed, pinto beans, alfalfa sprouts, chop and sprinkle with pumpkin seeds, crumbled nori and home made balsamic dressing: evoo, balsamic vinegar, dijon and maple syrup.
10. tower of Power: broil sliced yams and sweet potatoes, and sliced tomatoes; caramelize onions and poach an egg (runny). create a stack: yams, then sliced tomato, then handful of raw spinach piled, then poached egg, and caramelized onion. yummy!
11. sushi with quinoa and fixings
12. salmon / almond flour cakes baked
13. sesame garlic noodles with sundried tomatoes and olives.
14. lettuce wraps: butter lettuce, filling: tofu, tuna salad, salmon salad; bean sprouts, slices carrots, greens(mint, cilantro); dipping sauce.
15. spring rolls: brown rice wraps, brown rice noodles, cilantro, shrimp/tofu/cashews/ sliced carrots, butter lettuce, green onion. sauce: organic peanut butter and hoisin
16. camodian halibut stew with coconut
17. Watermelon salad: cubed watermelon, mint, chunks of cucumber, 1 cup cubed goat feta. (so refreshing)
18. Almond flour cookies: elana's pantry or Paleo bites.
19. Ymir Curry chickpea root veggie coconut curry with quinoa
20. Green Raw Soup: 2 avocado, 1 celery, 1 lime, cilantro, 2 tsp cumin, 1 tsp coriander, 1/2 tsp salt, 1 tsp tamari, 3/4 cucumber, 1 c H2o. Blend and top with chopped tomatoes.
21. Summit Salad--beets, feta, special summit dressing.
22. Monster Green Juice: 2 apples, 2 lemons, spinach, parsley, cilantro, ginger, kale, celery, cucumber, mint
Sour cream and chopped chives to garnish- Blend all ingredients, except the sour cream and chopped chives in a high-speed blender until smooth.- Transfer to a serving bowl and garnish with sour cream and chopped chives.

Sour cream

- 1 1/2 cups cashews
- 2 tablespoons lemon juice
- 1 tablespoon + 1 teaspoon apple cider vinegar
- 1 cup water
- 1/2 teaspoon salt- Blend all ingredients in a high-speed blender. Add a little extra water one tablespoon at a time if you're having trouble getting the cashews smooth.- Transfer to a bowl or squeeze bottle keep refrigerated. Will firm up a little in the fridge which makes an excellent dip for crudite.

SITES: my new roots, what katie ate, detoxinista, food 52. elana's pantry, unrefined kitchen