

# Making the plan Plant Strong.

## Sample Meal Plan

### Monday

**BREAKFAST:** Yogurt parfait with slivered almonds, cacao nibs, coconut flakes and dried goji berries.

**LUNCH:** Drop-in soup with fish stock or vegetable stock, 2-3 eggs or tofu, kale chips, and sprouted pumpkin seeds.

**DINNER:** Stir fry eggs/tempeh/tofu with onions, carrots, celery, green pepper, peanuts, peanut and sesame oils, soy sauce, and red or green chili sauce.

**DESSERT:** 1 ounce dark chocolate with espresso beans. 1 ounce sprouted salted almonds.

### Tuesday

**BREAKFAST:** Coffee with milk and cream.

**LUNCH:** Cottage cheese parfait with pistachios, mac nuts, and finely diced dried ginger.

**DINNER:** Fried eggs over cheddar melted on 6 inch corn tortilla topped with fresh salsa. Salad of spring greens plus green olives, sunflower seeds, carrots and celery.

**DESSERT:** 2 ounce Chardonnay with 4 ounces of GT Dave Synergy brand kombucha, Original flavor.

### Wednesday

**BREAKFAST:** Pan fried breakfast vegetables with sautéed mushrooms.

**LUNCH:** Provolone cheese slices wrapped around fermented pickles. 1-2 ounce nuts.

**DINNER:** Curried black bean rattatouleh with sprouted black beans, zucchini, eggplant, tomato, jalapeño, raisins, basil and apple cider vinegar.

**DESSERT:** 1 ounce dark chocolate with almonds and sea salt. 1 oz salted, roasted Macadamia nuts.

### Thursday

**BREAKFAST:** 2 Hardboiled eggs with salt and pepper, sliced, with Kimchee.

**LUNCH:** Drop-in soup with fish or vegetable stock, sprouted pumpkin seeds, kale chips and 2 organic ricotta-spinach ravioli (store bought).

**DINNER:** Cheesy sprouted-lentil pie with almond cashew crust and nutritional yeast. Dinner salad with fresh baby greens, thin-sliced purple onion, thin-sliced red bell pepper, Kalamata olives, carrots, celery, and feta cheese with Luke's Italian dressing.

**DESSERT:** 2 oz Chardonnay with 4 oz GT Dave Synergy brand Kombucha, Trilogy flavor. 3 Brazil nuts.

### Friday

**BREAKFAST:** 2 Eggs steamed in ramikins with finely diced sundried tomato and feta cheese.

**LUNCH:** Sour beet (lacto-fermented) and shredded cabbage and carrot salad with pine nuts and raisins.

**DINNER:** Cauliflower cashew masala with chapati and curried yogurt with tomato sides.

**DESSERT:** Cottage cheese, cherry jelly, vanilla and pistachio nuts.

### **Saturday**

**BREAKFAST:** Steel-cut oatmeal (1/4 cup dry) soaked overnight with a spoon of whey from yogurt, reheated the next morning stirring in egg, topped with nuts, ground-up flaxseed and butter.

**LUNCH:** Chickpea flour sun-dried tomato and hummus ravioli. (Chickpeas can be sprouted before cooking into hummus or, if you're really advanced, drying into flour.)

**DINNER:** Pumpkin chile with sprouted black lentils, bulgur wheat and faro. Lacto-fermented escabeche (like Kimchi but made with ingredients from Mexico)

**DESSERT:** Cheesecake

### **Sunday**

**BREAKFAST:** Hot pumpkin low-carb "cereal"

**LUNCH:** Low carb egg muffins with cheddar, spinach, tomato, basil and caramelized onions.

**DINNER:** Seitan Stuffed with Walnuts, Dried Cranberries, and Mushrooms. Steamed green beans with kalamata olives, capers, lemon juice and salt.

**DESSERT:** Basic vanilla custard (low sugar) sprinkled with Penzy's "cake" spice mix and lemon zest.