

Week 1: October Unprocessed Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Olive oil & cacao granola</u> with <u>homemade almond milk</u> Fresh fruit	<u>Quinoa porridge</u> Fresh fruit	<u>Olive oil & cacao granola</u> with <u>homemade almond milk</u> Fresh fruit	<u>Savory Oatmeal</u> with fried egg	<u>Olive oil & cacao granola</u> with <u>homemade almond milk</u> Fresh fruit	Omelet with fresh veggies, herbs and cheese with fresh fruit	<u>Whole wheat blueberry pancakes</u> with maple syrup
Lunch	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	<u>Butternut squash soup</u>
Dinner	<u>Roasted Corn Chowder with Chicken, Lime and Cilantro</u> and <u>Parmesan Kale Salad with Raisins</u>	<u>Roasted Acorn Squash with Turkey Sausage, Peppers & Goat Cheese</u>	<u>Jerk Turkey Chili</u> and <u>Italian-inspired green beans</u>	<u>Honey Lemon Salmon with Roasted Vegetables over Baby Spinach</u>	Pesto Pizza on <u>homemade whole wheat crust</u> and <u>Oven-Roasted Garlic Brussels Sprouts</u>	Clean out the Fridge night	<u>Whole Chicken, sweet potato with black bean salad</u> , steamed broccoli
Snacks & Desserts	<u>Homemade "lara" bars</u>	<u>Hummus</u> with carrots and cucumbers	Homemade "lara" bars	Frozen fruit & yogurt smoothies	Homemade "lara" bars	<u>Blueberry Cardamom Chia Seed Pudding</u>	<u>Strawberry "ice cream"</u>



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"If more of us valued food and cheer above hoarded gold, it would be a much merrier world." - J. R. R. Tolkien