

# Week 2: October Unprocessed Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<a href="#">Baked oatmeal</a> With fresh fruit	<a href="#">Olive oil &amp; cacao granola</a> (leftover from last week 😊) with homemade almond milk	<a href="#">Baked oatmeal</a> With fresh fruit	<a href="#">Fried eggs in a bell pepper ring</a> with fresh fruit salad	<a href="#">Baked oatmeal</a> With fresh fruit	Omelet with fresh veggies, herbs and cheese with fresh fruit	<a href="#">Coconut flour waffles</a> with maple syrup and scrambled eggs
<b>Lunch</b>	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers
<b>Dinner</b>	<a href="#">Honey Lime Chicken</a> and <a href="#">Warm Grain Salad with Kale, Sweet Potato and Portobellas</a>	<a href="#">Butternut Squash Stew</a> and <a href="#">Roasted Brussels Sprouts with Grapes and Walnuts</a>	<a href="#">White Chicken Chili</a> and leftover <a href="#">Warm Grain Salad with Kale, Sweet Potato and Portobellas</a>	<a href="#">Lentil Shepard's Pie</a> with lemony roasted cabbage	<a href="#">Spicy Slow Cooker Almond Tempeh</a> with <a href="#">Moroccan carrots</a>	Clean out the Fridge night	<a href="#">Slowcooker chicken soup</a> and <a href="#">Roasted Green Beans with Mushrooms, Garlic &amp; Parmesan</a>
<b>Snacks &amp; Desserts</b>	<a href="#">Stovetop popcorn</a>	<a href="#">Hummus</a> with cut veggies	<a href="#">Stovetop popcorn</a>	Frozen fruit & yogurt smoothies	<a href="#">Hummus</a> with cut veggies	<a href="#">Frozen yogurt-covered blueberries</a>	<a href="#">Mascarpone stuffed dates</a>



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*How can I describe it? Good food is like music you can taste, color you can smell. There is excellence all around you. You need only to be aware to stop and savor it.*

*~ Chef Auguste Gusteau, Ratatouille, 2007*