

Week 1: October Unprocessed Meal Plan

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<u>Quinoa porridge</u> (honey or maple syrup instead of agave) Fresh fruit	<u>Olive oil & cacao granola</u> with whole-milk yogurt and fresh fruit	<u>Savory Oatmeal</u> with fried egg	<u>Olive oil & cacao granola</u> with whole-milk yogurt and fresh fruit	<u>Oven omelet with sweet potato crust</u> (omit sausage or sub with unprocessed meat) with fresh fruit	<u>Whole wheat blueberry pancakes</u> with maple syrup and fresh fruit
Lunch		Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	<u>Butternut squash soup</u>
Dinner		<u>Jerk Turkey Chili</u> (omit flour) with cheese and <u>Italian-inspired green beans</u>	<u>Maple-Miso Dijon Salmon</u> with <u>Kale Salad</u>	<u>Cast Iron Chicken</u> with steamed broccoli	<u>Lentil Shepard's Pie</u> + <u>steam-sauteed Brussels sprouts</u> tossed with Dijon mustard and maple syrup	<u>Braised coconut spinach with chickpeas and lemon</u> served over quinoa or brown rice	<u>Whole Chicken, sweet potato with black bean salad</u> , choice of veggie
Snacks & Desserts		Sliced cucumbers tossed in lemon juice, olive oil, salt, pepper and chili	<u>Skillet popcorn with savory spices</u> (use coconut rather than canola oil)	<u>Meyer lemon bars</u>	<u>Homemade "lara" bars</u>	<u>Toasted almonds with rosemary, thyme and lemon</u>	<u>Strawberry "ice cream"</u>

