

Week 3: October Unprocessed Meal Plan

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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---|--|---|---|--|--|--|
| Breakfast | Baked Oatmeal | More Baked Oatmeal | Banana Oatmeal Breakfast Muffins with whole-milk yogurt and fresh fruit | Two ingredient banana pancakes with fresh fruit | More Banana Oatmeal muffins with whole-milk yogurt and fresh fruit | Sweet potato hash with caramelized onion, sausage and eggs (make your own sausage if you can't find a good one!) | Cinnamon Quinoa Bake (use real milk or almond) and fresh fruit |
| Lunch | Leftovers | Leftovers | Leftovers | Leftovers | Leftovers | Leftovers | Leftovers |
| Dinner | Warm grain salad with kale, sweet potato, portabellas and goat cheese | Apple Cider Baked Chicken with wild rice & roasted cauliflower | Lentil Tabouleh served over baby spinach or field greens | Harvest wild rice skillet with lemon cabbage wedges | Clean out the fridge night | Hoppin John with sautéed swiss chard | Italian Cabbage and Rice in the crockpot with garlicky green beans and pine nuts |
| Snacks & Desserts | Hummus and fresh veggies | Frozen blueberry yogurt bites (use plain yogurt & sweeten it yourself) | Skillet popcorn | Hummus and fresh veggies | Three-Ingredient Almond-Honey Candy | Toasted almonds with rosemary, thyme and lemon | Guacamole with corn chips or fresh veggies |

