

Week 4: October Unprocessed Meal Plan

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Overnight, No-Cook Refrigerator Oatmeal	Lentil Granola with Yogurt and Fresh Fruit	Overnight, No-Cook Refrigerator Oatmeal	Two ingredient banana pancakes with fresh fruit	Lentil Granola with Yogurt and Fresh Fruit	Berry Salad with Goat Cheese and Black Pepper plus scrambled eggs with wilted greens	Tex-Mex Omelet with Roasted Tomato Salsa
Lunch	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers
Dinner	Curried Red Lentil Soup with Dried Cherries and Cilantro + steamed broccoli	Caramelized Onion and Mushroom Cauliflower Fried "Rice"	Pan-Roasted Chicken with Lemon-Garlic Green Beans and Potatoes	Lentil Walnut Apple Loaf with Grilled Sweet Potato and Wilted Kale Salad	Weeknight Green Curry Shrimp with Brown Rice and Snow Peas	Roasted Carrot and Cilantro Soup with Grown-Up Grilled Cheese	Cornmeal Crust Pizza with Black Bean Hummus, Shallots, Winter Greens, Chevre and Manchego Cheese
Snacks & Desserts	Hummus and fresh veggies	Homemade "KIND" bars	Homemade trail mix	Homemade "KIND" bars	Pumpkin-Spiced No-Bake Date Bars	Homemade trail mix	Guacamole with corn chips or fresh veggies

