

# Week 1: October Unprocessed Meal Plan

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>			Oatmeal with coconut manna, nuts, cinnamon + fresh fruit	Homemade granola with almond milk + fruit	Oatmeal as on Wed.	Scrambled eggs with cheese, veggies + fresh fruit	<u>Whole wheat blueberry pancakes</u> with maple syrup and fresh fruit
<b>Lunch</b>			Leftovers	Leftovers	Leftovers	Leftovers	Leftovers
<b>Dinner</b>			<u>Broccoli-stuffed portabella mushrooms with Dijon cheddar sauce</u> (omit flour) + roasted cauliflower	<u>Chicken with cherries and kale</u>	<u>Roasted carrot, turnip and red lentil soup with ginger</u> + whole wheat <u>crusty bread</u> and steamed greens	<u>Skillet tomato casserole with white beans and parmesan croutons</u> with salad	<u>Quick chickpea curry</u> over brown rice with steam sautéed Brussel sprouts (sub tom paste or puree for ketchup)
<b>Snacks &amp; Desserts</b>			<u>Roasted eggplant hummus</u> with cut veggies	<u>Skillet popcorn with savory spices</u> (use coconut rather than canola oil)	<u>Three ingredient peanut butter fudge</u>	<u>Toasted almonds with rosemary, thyme and lemon</u>	<u>Honey roasted peaches</u> (we're doing yogurt instead of the cream)

Underline = link; minor substitutions may be needed to make recipes unprocessed 😊

