

WEEKLY MENU PLANNER-family friendly

	Breakfast	Lunch	Dinner
Sunday	Baked egg cups in turkey slice or bacon.	veggie platter, tapas platter	Mexican: Taco Night & Games Night
Monday	Breakfast Bowl: steel oats/ground nuts porridge w seeds, cinnamon, and blue berries	apple cheddar quesadilla, homemade chicken nuggets, smoked salmon roll up	Fish or Soup Night: salmon cakes, halibut, fish sticks with yam fries, tower of power, chili, soup pot. mac'n cheese, barley lentil, udon noodle, sausages
Tuesday	Salmon Pancakes	meat slices rolled up in cucumber or pickles.	Pasta (kelp noodles, zucchini, rice or quinoa noodles): fresh basil tomato anchovy, turkey, tuna w feta, pesto, rustica (cabbage tomato sauce), lasagna soup, sesame garlic.
Wednesday	Julia Child Omelet	Roast Chicken chunk skewers	Sausages or Burgers: lamb sausages, bison sausages, salmon sausages, turkey burgers, with steamed veggies, lettuce buns
Thursday	french toast (Gluten Free Bread, eggs, and coconut milk)	boiled eggs chopped salad/veggies	Asian cuisine: stir fry, indian, thai, sushi, cambodian stew, / Super salad w roast chicken; hot salad, spring roll salad with green sauce, chicken coconut soup, salmon laska with rice noodles.
Friday	Grain Free Cereal with Almond Milk	Turkey lettuce roll ups.	Ron's Pizza Movie Night
Saturday	Coconut pancakes-Ron	soup: chicken noodle, roast veggie; leek; potato;	Kids Dinner/Date Night Dinner out -or Roast or Stew in.

Snacks: apple rings, apples, pears, banana, grapes, apricots, carrot sticks, cucumber, cherry tomatoes, seed and dried fruit mix, banana bread, raw veggie, rice crackers, ants on a log, kiwi, popcorn, seaweed, homemade cookies, nitrite free pepperoni, strawberries, melons, seaweed, fig bars, macadamia nuts and golden berries

Salads: Tuna nicoise, papaya salad, cilantro salad, caesar salad, greek spinach salad w/pumpkin seeds and raisins; Mixed lettuce w/ pecans, blue cheese, and pear. Mixed lettuce toppings: raisins, cranberries, seeds, nuts, smoked tofu, shredded cheese, feta, goat cheese, chia, seaweed, sprouts, beans; French potato salad; salmon/ sardine salad; arugula w/ lemon & crumbled pecans, tower of power, kelp noodle salad, vibrant energy salad.

Other ideas by Jody:

1. raw marinara sauce with zucchini noodles
2. raw flax seed oatmeal (soak 2 tbs flax overnight, rinse then blend with a banana and a pear/or apple, cinnamon and top with raw cacao and chia, hemp and goji berries (Dr. J's everyday morning meal)
3. raw salad: avocado chunks, lettuce, chia, tomatoes, beans and cubed tomato w/ lemon and olive oil. sprinkle crushed nori on top with pumpkin seeds and walnuts.
4. raw granola bars
5. green smoothies: 3 cups spinach, 1 cup pineapple, 1 banana, water, cinnamon and blend.
6. Date shake: 1 banana, 3-4 pitted dates, 2 cups almond milk, cinnamon, 1 tsp vanilla and add 2 tbs pre soaked (in almond milk) chia seed. add ice and blend.
7. carrot morning: carrot, lemon, ginger, apple
8. raw ice cream: blend frozen bananas, coconut pulp and add vanilla or coco powder.
9. big salad: butter lettuce, tomato, avocado, carrots, cabbage, smoked organic tofu cubed, pinto beans, alfalfa sprouts, chop and sprinkle with pumpkin seeds, crumbled nori and home made balsamic dressing: evoo, balsamic vinegar, dijon and maple syrup.
10. tower of Power: broil sliced yams and sweet potatoes, and sliced tomatoes; caramelize onions and poach an egg (runny). create a stack: yams, then sliced tomato, then handful of raw spinach piled, then poached egg, and caramelized onion. yummy!
11. sushi with quinoa and fixings
12. salmon / almond flour cakes baked
13. sesame garlic noodles with sundried tomatoes and olives.
14. lettuce wraps: butter lettuce, filling: tofu, tuna salad, salmon salad; bean sprouts, slices carrots, greens (mint, cilantro); dipping sauce.
15. spring rolls: brown rice wraps, brown rice noodles, cilantro, shrimp/tofu/cashews/ sliced carrots, butter lettuce, green onion. sauce: organic peanut butter and hoisin
16. camodian halibut stew with coconut
17. Watermelon salad: cubed watermelon, mint, chunks of cucumber, 1 cup cubed goat feta. (so refreshing)
18. Almond flour cookies: elana's pantry or Paleo bites.
19. Ymir Curry chickpea root veggie coconut curry with quinoa
20. Green Raw Soup: 2 avocado, 1 celery, 1 lime, cilantro, 2 tsp cumin, 1 tsp coriander, 1/2 tsp salt, 1 tsp tamari, 3/4 cucumber, 1 c H2O. Blend and top with chopped tomatoes.
21. Summit Salad--beets, feta, special summit dressing.
22. Monster Green Juice: 2 apples, 2 lemons, spinach, parsley, cilantro, ginger, kale, celery, cucumber, mint
Sour cream and chopped chives to garnish- Blend all ingredients, except the sour cream and chopped chives in a high-speed blender until smooth.- Transfer to a serving bowl and garnish with sour cream and chopped chives.

Sour cream

- 1 1/2 cups cashews
- 2 tablespoons lemon juice
- 1 tablespoon + 1 teaspoon apple cider vinegar
- 1 cup water
- 1/2 teaspoon salt- Blend all ingredients in a high-speed blender. Add a little extra water one tablespoon at a time if you're having trouble getting the cashews smooth.- Transfer to a bowl or squeeze bottle keep refrigerated. Will firm up a little in the fridge which makes an excellent dip for crudite.

SITES: my new roots, what katie ate, detoxinista, food 52. elana's pantry, unrefined kitchen