

Week 21: Monday, April 27 to Sunday, May 3, 2015

Plan of the Month: The Mediterranean Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	2 rusks with goat cheese and figs	Tuna and rapini	Salmon and salad with lemon and olive oil dressing	Pear and walnuts Grapes	
Tuesday	2 eggs with 2 rusks and red pepper	Leftover salmon and salad with lemon and olive oil dressing	Stirfry with celery, carrots, onions, peppers and ground pork	Apple and walnuts Grapes	
Wednesday	2 rusks with goat cheese and figs	Chicken and roast peppers Lettuce with lemon and olive oil dressing	Lentil soup with 1 crumbled rusk (used as cruton)	Pear and walnuts Grapes	
Thursday	1 hardboiled egg celery and carrots	Stirfry with celery, carrots, onions, peppers and ground pork	Salmon and broccoli bites	Grape and walnuts	

Week 21: Monday, April 27 to Sunday, May 3, 2015

Plan of the Month: Whole Food Plant-Based Diet

Friday	Almond milk and raw protein powder smoothie	Beet ravioli from Raw Aura Muddy Waters Fresh Juice (kale, apple, celery, beet, lemon, parsley)	Lettuce topped with black-eyed peas and green onion - olive oil and apple cider vinegar dressing	Homemade granola bar Stawberries and 1 Brazil nut	
Saturday	Almond milk and raw protein powder smoothie	Lettuce topped with black-eyed peas and green onion - olive oil and apple cider vinegar dressing	Almond pulp granola with almond milk and blueberries	Homemade granola bar Stawberries and 1 Brazil nut	
Sunday	Almond milk and raw protein powder and blueberry smoothie	Portobello mushroom, salad, beets, roast vegetables	Carrots, celery and hummus	Homemade granola bar Blueberries and 1 Brazil nut	