

Week 24: Monday, May 11 to Sunday, May 17, 2015

Plan of the Month: Whole Food Plant-Based Diet

	Breakfast	Lunch	Dinner	Snack	Comments
<b>Monday</b>	Beet juice (kale, cucumber, beet, apple, lemon, ginger, mint) 2 slices Ezekiel bread, almond butter, chia seed sprinkle	Veggie burger and sweet potato fries	Carrots, celery and hummus	Grapes and walnuts	Lunch with Mira at The Pump House Grill : )
<b>Tuesday</b>	Beet juice (kale, cucumber, beet, apple, lemon, ginger, mint) 2 slices Ezekiel bread, almond butter, chia seed sprinkle	Romaine salad with tomato, cucumber and green pepper	Quinoa pasta with lentils	Watermelon, pear and walnuts	
<b>Wednesday</b>	Steel cut oatmeal with cranberries and slivered almonds	Veggie burrito and salad	Vegetable and barley soup	Watermelon and walnuts	
<b>Thursday</b>	Steel cut oatmeal with cranberries and slivered almonds	Quinoa pasta, beans and salad	Falafel wrapped in kale leaves Beet juice Split chocolate banana cake and almond bar	2 apricots Slice carrot cake (meeting)	Dinner with Michelle and Laura at Raw Aura : )
<b>Friday</b>	Protien shake with frozen (polished) blueberries	Falafel, hummus and steamed green beans and broccoli	Gluten free pasta with tomato sauce, asparagus, 1 handful of potato chips	Pear and walnuts	Dinner at Lia's house : )
<b>Saturday</b>	2 slices Ezekiel bread topped with 1/2 avocado and tomato	Isagenix - IsaLean plant-based protein shake	Chickpea and tomato salad 1 roast potato	2 apricots Skinny vanilla latte	
<b>Sunday</b>	Leftover: Chickpea and tomato salad	Lettuce and one slice homemade pizza... removed pepperoni and cheese :(	Quinoa pasta with lentils	Bowl of cherries - yum!	Helped my sister move- what a workout!