

**Week 26: Monday, May 25 to Sunday, May 31, 2015**

**Plan of the Month: Whole Food Plant-Based Diet**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>	<b>Comments</b>
<b>Monday</b>	2 slices Ezekiel bread, almond butter, chia seed sprinkle	Veggie (tomato, lettuce, onion) sandwich with red leaf lettuce, shaved fennel with lemon and olive oil dressing	Roast veggies, salad, beets and beans	Pear with almonds	Dinner at Mom's
<b>Tuesday</b>	2 slices Ezekiel bread, topped with 1/2 avocado and tomato	Garden burger on gluten free bread, and sweet potato fries Sangria	Lettuce topped with strawberries and slivered almonds - yum!	Cherries Stovetop popcorn	At day long conference in Toronto
<b>Wednesday</b>	2 slices Ezekiel bread, topped with 1/2 avocado and tomato	Lettuce topped with strawberries and slivered almonds	Wild rice with beans	Cherries Apples and walnuts	
<b>Thursday</b>	2 slices Ezekiel bread, almond butter, chia seed sprinkle	Leftover wild rice with beans Tomato salad with garlic, olive oil and oregano	Red leaf lettuce, shaved fennel with lemon and olive oil dressing	Mango and walnuts	
<b>Friday</b>	2 slices Ezekiel bread, topped with 1/2 avocado and tomato	Red leaf lettuce, shaved fennel with lemon and olive oil dressing	Raw food pizza Beet Me Up juice (beet, carrot, apple and ginger) Split chocolate banana cake (sweetened with dates)	Apple and walnuts	Dinner at Raw Aura with Michelle and Mary S!
<b>Saturday</b>	2 slices Ezekiel bread, topped with almond butter and dried cranberries	Beet ravioli Beet Me Up juice (beet, carrot, apple and ginger) Blueberry dessert	Lentil soup Salad		Lunch at Raw Aura with Telli and Nathan :)
<b>Sunday</b>	2 slices Ezekiel bread, topped with almond butter and dried cranberries	Salad, beets, roast veggies	Corn chips and hummus chocolate brownie strawberries and watermelon	Cherries Cashews	Lunch at Mom's followed by birthday celebration at Trish's place