

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Homemade almond milk, 1 scoop raw protein powder	Leftover portobello mushroom, broccoli, Brussel sprouts, peppers, onions, yams	Homemade verdura (stewed greens and beans) 8 Mary's organic crackers	Homemade granola bar Green juice Apple	
Tuesday	Homemade almond milk, 1 scoop raw protein powder	Tomato, celery, carrot, onion and bean salad with olive oil	Quinoa pasta with beans and asparagus	Green juice Pear and walnuts	
Wednesday	Green juice Homemade granola bar	Quinoa pasta with beans and asparagus Leafy green salad with lemon and olive oil dressing	Grilled portobello mushroom, onion, red pepper	Watermelon Pear and walnuts	
Thursday	Mango smoothie (1 mango, almond milk, 1 carrot, ginger, mint)	Grilled portobello mushroom, onion, red pepper	Salad with tomato, avocado, green onion, topped with pumpkin seeds	Apple with almond butter	
Friday	Green juice Homemade granola bar	Salad with tomato, avocado, green onion, topped with pumpkin seeds	2 vegetarian mini burritos corn chips and salsa kale salad fruit 1 slice homemade apple pie	Apple with walnuts	Dinner with my remarkable friends - Mexican theme night!
Saturday	Green juice Homemade granola bar	1 cup lentil soup with carrot sticks	Salad with tomatoes, carrots, celery, green onion - olive oil and apple cider vinegar dressing	Cranberries and walnuts	
Sunday	Blueberry smoothie with raw protein powder)	2 slices Ezekiel bread topped with avocado and tomato Salad	Mother's Day dinner Rapini, salad, beets, roasted Brussel sprouts, yams, carrots, portobello mushroom	1 slice apple pie Apricot	