

Menu - Week One

See [Katie at the Kitchen Door](#) for full recipes

Day One, Sunday:

- Brunch: Brussels Sprout and Sweet Potato Hash with a Fried Egg
- Snack: Avocado Tartine - 1 Piece Whole Wheat Toast with Slices from 1/2 an Avocado
- Dinner: Mushroom and Lentil Pot Pie, Kale and Roasted Broccoli Caesar Salad

Day Two, Monday:

- Breakfast: Mushroom and Roast Broccoli Scramble
- Snack: 2 Clementines
- Lunch: Grapefruit and Avocado Salad, Leftover Mushroom and Lentil Pot Pie
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: Baked Chickpea Burger with Tabbouleh and Tzatziki

Day Three, Tuesday:

- Breakfast: Leftover Brussels Sprouts and Sweet Potato Hash
- Snack: Small Latte
- Lunch: Leftover Chickpea Burger with Tabbouleh and Tzatziki
- Snack: Green Grapes
- Dinner: Chestnut and Potato Soup, Kale and Roasted Broccoli Caesar Salad

Day Four, Wednesday:

- Breakfast: Raspberry-Maple Breakfast Quinoa
- Snack: 2 Clementines
- Lunch: Leftover Chestnut and Potato Soup, Kale and Roasted Broccoli Caesar Salad
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: Vegetarian Chili with Brown Rice

Day Five, Thursday:

- Breakfast: 1 Piece Whole Wheat Toast with Peanut-Butter, Chocolate-Blueberry Smoothie
- Snack: Small Latte
- Lunch: Leftover Vegetarian Chili with Brown Rice
- Snack: Green Grapes
- Dinner: Fried Chickpeas with Yogurt Sauce, Grapefruit and Avocado Salad

Day Six, Friday:

- Breakfast: Raspberry-Maple Breakfast Quinoa
- Snack: 2 Clementines
- Lunch: Leftover Fried Chickpeas with Yogurt Sauce, Hard-Boiled Egg
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: Quinoa Puttanesca, Raw Kale and Pecorino Salad

Day Seven, Saturday:

- Brunch: Shakshuka (Eggs and Potatoes in Spicy Tomato Sauce)
- Snack: Apple Quinoa Cake
- Dinner: Bulgur with Butter-Roasted Almonds and Chicken, Salad with Ginger-Cassis Dressing

Disclaimer: I am not a dietitian, nutritionist, doctor, or medical professional of any sort. I simply wanted to share my personal menu and goals for healthy eating.