

Menu - Week Two

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

Day Eight, Sunday:

- Brunch: Homemade Granola, Greek Yogurt, and Fresh Fruit Parfait; Small Latte
- Snack: Leftover Quinoa Puttanesca (from week one)
- Dinner: Mushroom and Olive Veggie Burgers; Kale and Avocado Salad with Almonds, Apples, and Nori

Day Nine, Monday:

- Breakfast: Leftover Shakshuka (Eggs and Potatoes in Spicy Tomato Sauce, from week one)
- Snack: 2 Clementines
- Lunch: Leftover Bulgur with Butter-Roasted Almonds and Chicken (from week one)
- Snack: 1 c. Roast Broccoli
- Dinner: White Bean, Kale, and Pesto Soup; Pomegranate, Pear, and Arugula Salad

Day Ten, Tuesday:

- Breakfast: Leftover Apple Quinoa Cake (from week one)
- Snack: Small Latte
- Lunch: Leftover Mushroom and Olive Veggie Burgers, Leftover Pomegranate, Pear, and Arugula Salad
- Snack: 1 6-oz. Greek Yogurt
- Dinner: Roasted Beet and Fried Chickpea Salad

Day Eleven, Wednesday:

- Breakfast: Granola, Greek Yogurt, and Fresh Fruit Parfait
- Snack: 2 Clementines
- Lunch: Leftover White Bean, Kale, and Pesto Soup
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: Chickpea Dumplings in Tomato-Yogurt Sauce, Kale and Avocado Salad with Almonds, Apples, and Nori

Day Twelve, Thursday:

- Breakfast: Leftover Apple Quinoa Cake
- Snack: Fruit Smoothie - 1 c. orange juice, 1 c. frozen mixed berries, 1 6-oz container greek yogurt, 1 TBS maple syrup
- Lunch: Leftover Chickpea Dumplings in Tomato-Yogurt Sauce
- Snack: 1 c. Roast Broccoli
- Dinner: Roast Beet and Spinach Salad with Goat Cheese, Pomegranate, and Eggs

Day Thirteen, Friday:

- Breakfast: Raspberry-Maple Breakfast Quinoa
- Snack: Small Latte
- Lunch: Leftover Roast Beet and Spinach Salad with Goat Cheese, Pomegranate, and Eggs
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: Greek Egg and Lemon Soup with Chicken, Brown Rice, and Chickpeas

Day Fourteen, Saturday:

- Brunch: Whole Wheat Fruit and Nut Pancakes with Maple Syrup
- Snack: Leftover Roast Beet and Chickpea Salad
- Dinner: Quinoa Salad with Broccoli-Avocado Pesto

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.