

WEEKLY MEAL PLANNING

	Breakfast	Lunch	Snack	Dinner
SUNDAY	Warm lemon water BBB smoothie	Lentil chili	Banana and orange	Lentil stuffed peppers
MONDAY	Warm lemon water BBB smoothie	Sweet Squash Bowl	Date Energy Bite (1) Apple	Zucchini boats
TUESDAY	Warm lemon water BBB smoothie	Garlicky Greens Bowl	Date Energy Bite (1) Apple	Warm sweet pea and zucchini bowl
WEDNESDAY	Warm lemon water BBB smoothie	Curry Squash soup	Date Energy Bite (1) Apple	Quinoa Harvest Bowl
THURSDAY	Warm lemon water BBB smoothie	Sweet Squash Bowl	Date Energy Bite (1) Apple	Zucchini boats
FRIDAY	Warm lemon water BBB smoothie	Garlicky Greens Bowl	Date Energy Bite (1) Apple	Lentil stuffed peppers
SATURDAY	Warm lemon water BBB smoothie	Lentil Chili	Banana and orange	Warm sweet pea and zucchini bowl

BREAKFAST RECIPES

Rising Warm Lemon Water

Ingredients

- 2 cups warm water (heated on stove or in kettle)
- Juice of ½ lemon
- Pinch of Himalayan Sea Salt

Drink first thing in the morning on empty stomach



Beat, Banana, Blueberry Smoothie (BBB)

Ingredients

- 1 cup Alkaline water
- 1 beet (rough chopped to make it easy on the blender)
- 1 banana
- 1 cup blueberries (fresh or frozen)
- 1 fist full of raw greens: spinach/chard/kale (optional)

Preparations

Blend until smooth. Garnish with coconut flakes (optional)



LUNCH RECIPES

Sweet Squash Bowl

Ingredients

- ½ cup cooked quinoa
- 1 cup of butternut squash diced

Ginger Orange Dressing:

- Juice of half a medium sized orange (approximately 3 tablespoons)
- 1 teaspoon raw honey
- ¼ teaspoon grated ginger
- ¼ teaspoon Himalayan sea salt
- Dash of black pepper

Preparations

Preheat oven to 400 F.
Lay out 1-inch cubes of butternut Squash on parchment paper.
Bake for 20 – 25 minutes or
Until fork tender.

Toss the cooked quinoa and
roasted butternut squash in the
dressing. Serve and enjoy warm.



LUNCH RECIPES

Lentil Chili

Ingredients

- ½ cup cooked brown lentils
- ½ cup diced tomatoes
- ½ cup diced onion
- ½ cup diced carrots OR butternut squash
- 2 garlic cloves finely chopped
- 1 teaspoon Himalayan sea salt
- 1/2 teaspoon cumin
- ¼ teaspoon cayenne (if you like spice)
- ¼ teaspoon oregano
- 1 teaspoon avocado oil
- 1/2 cup water

Preparations

In a saucepan, heat the oil. Sauté garlic and onion until onion is translucent. Add vegetables, salt, cumin, cayenne, and pepper. Mix well and add water and lentils. Cook until carrots are fork tender. Add Oregano. Enjoy warm



LUNCH RECIPES

Garlickly Greens Bowl

Ingredients

- 1 cup chopped kale
- ¼ cup blueberries or pomegranate
- ½ cup cooked quinoa
- ½ medium size orange
- ½ teaspoon olive oil

Honey Orange Dressing:

- Juice of half an orange (about 3 Tablespoons)
- 2 garlic cloves crushed
- 1 teaspoon raw honey
- Pinch of Himalayan sea salt
- Pinch of black pepper

Preparations

In a bowl, add ½ cup cooked quinoa. In a separate bowl, add the chopped kale and drizzle with Olive Oil. Using clean hands, begin to massage the kale by gently squeezing and releasing the leaves in your palms. Repeat this process for about 3 minutes. Leaves will have shrunk slightly and turned darker in color. Lay massaged kale leaves on top of quinoa. Add blueberries/pomegranate and slices of orange.

Drizzle with dressing and toss well. Enjoy warm or cool.



DINNER RECIPES

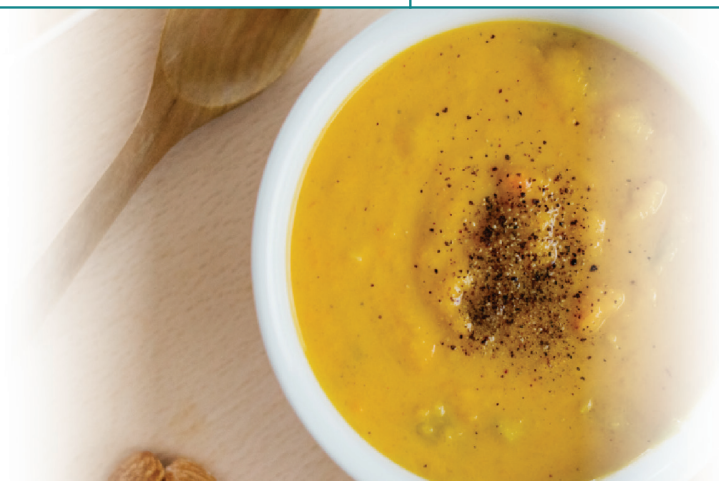
Curry Squash Soup

Ingredients

- 1 cup chopped butternut/acorn/kobucha squash
- ½ cup chopped celery
- ½ cup chopped onion
- 3 garlic cloves - chopped
- 1 teaspoon Himalayan sea salt
- ½ teaspoon curry powder
- Dash of black pepper

Preparations

Place all ingredients in a pot and bring to a boil. Reduce to simmer and cook until squash is soft and fork tender. Remove from heat and allow to cool for 20 minutes. Carefully blend all ingredients using hand blender or blender, until creamy in consistency. Allow steam to release when blending. Serve warm.



DINNER RECIPES

Lentil Stuffed Peppers

Ingredients

- 2 large bell peppers
- ½ teaspoon olive oil

Stuffing:

- ½ cup cooked lentils
- ½ cup celery - diced
- ½ cup carrots - diced
- ½ cup onion - diced
- 1 teaspoon Himalayan sea salt
- 1 teaspoon fresh thyme
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon chipotle powder (optional)

Preparations

Preheat oven to 350F

Slice off top of bell pepper. Remove all seeds and make sure pepper is hollow. Coat inside of pepper with olive oil.

Combine all the ingredients for the stuffing in a bowl. Carefully spoon the mixture into the peppers.

Bake for 25-30 minutes until peppers are tender.



Optimal Body

Natural weight loss solutions

DINNER RECIPES

Zucchini Boats

Ingredients

- 1 medium size zucchini
- ½ cup cooked lentils
- ½ cup green bell pepper - diced
- ½ cup tomatoes - diced
- ½ cup onions - diced
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon oregano
- ¼ teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon Himalayan sea salt

For toppings:

- Sliced jalapenos
- Diced red onion
- Fresh cilantro
- Lime wedge



Preparations

Preheat the oven to 400F

In a bowl, combine all stuffing ingredients and mix well. Cut Zucchini lengthwise and scoop out fleshy pulp. Carefully spoon the filling into the boat. Bake for 20-25 minutes or until zucchini is tender.

Sprinkle your choice of toppings. Drizzle with lime juice. Enjoy!

DINNER RECIPES

Warm Sweet Pea and Zucchini Bowl

Ingredients

- 1 medium size zucchini
- ½ cup of snap peas
- ½ cup cooked quinoa
- Few leaves of fresh basil to your liking

Basil Lime Dressing:

- Juice of half lime (about 1 Tablespoon)
- ½ teaspoon olive oil
- 1 teaspoon dried basil leaves
- ¼ teaspoon Himalayan sea salt
- Dash of pepper
- 2 crushed garlic cloves
- 2 Tablespoons water.
- Whisk all ingredients together

Preparations

Preheat oven to 375

Slice the zucchini in ¼ inch thick rounds. Sprinkle salt and pepper. Place round ans snap peas on a baking sheet and bake for 10 minutes. Layer roasted zucchini and peas on cooked quinoa. Drizzle dressing. Add freshy chopped basil and enjoy.



Optimal Body

Natural weight loss solutions

DINNER RECIPES

Mediterranean Quinoa Salad

Ingredients

- ½ cup cooked quinoa
- ½ cup lightly steamed or raw broccoli florets
- ½ cup chopped cherry tomatoes
- ¼ cup diced bell pepper
- ¼ cup shredded carrots
- 1 teaspoon chopped parsley

Lemon Garlic Vinaigrette:

- Juice of half lemon (approximately 2 Tablespoons)
- 2 crushed garlic cloves
- ½ teaspoon Himalayan sea salt
- 1 teaspoon Olive Oil
- 1 Tablespoon Water
- Whisk all ingredients together

Preparations

Combine all ingredients together in a bowl.

Toss evenly in dressing.



SNACK OPTIONS

Date Energy Bites (makes 8-12)

Ingredients

- 1 cup almond flour
- 1 cup pitted medjoul dates
- 3 tablespoons organic coco powder
- ½ cup fine coconut flakes

Preparations

Combine dates, almond flour and coco powder in a food processor to form a dough.

Hand roll into 1.5 inch balls. Toss date balls in coconut flakes.

Also allowed for snack:
Bananas, Apples, Oranges

