



## Suggested Meal Plan

	WEEK 1		PAGE		WEEK 2		PAGE
MONDAY	BREAKFAST	Chocolate Cherry Swirl	159	MONDAY	BREAKFAST	Peppermint Nut Butter Shake	163
	LUNCH	Freekeh Tabbouleh	179		LUNCH	Classic Nicoise Salad	181
	DINNER	Sweet Corn and Sorghum Soup	194		DINNER	One-Pot Green Chili Pasta	214
TUESDAY	BREAKFAST	Easy Breakfast Oatmeal	167	TUESDAY	BREAKFAST	Huevos Rancheros	173
	LUNCH	Mediterranean Fennel Salad	180		LUNCH	Masala Lentil Wrap	190
	DINNER	Dr. Khoshaba's Lentil Soup	195		DINNER	Chicken with Peaches and Black Beans	216
WEDNESDAY	BREAKFAST	Chocolate Mint Shake	160	WEDNESDAY	BREAKFAST	Pumpkin Pie Delight	164
	LUNCH	Classic Nicoise Salad	181		LUNCH	Mediterranean Fennel Salad	180
	DINNER	Gingered Tempeh and Broccoli Basic Brown Rice	212 228		DINNER	Creamy Lentil Curry	217
THURSDAY	BREAKFAST	Three-Ingredient Pancakes	169	THURSDAY	BREAKFAST	Vanilla Millet Hot Cereal	172
	LUNCH	Chai Potato Bowl	184		LUNCH	Sesame Ginger Lettuce Wrap	192
	DINNER	15-Bean Soup	198		DINNER	Shepherd's Pie	205
FRIDAY	BREAKFAST	Eggnog for Breakfast	161	FRIDAY	BREAKFAST	Orange Spice Shake	165
	LUNCH	Healthy Caesar Salad	182		LUNCH	Southwest Scramble Wrap	193
	DINNER	Calamari Stew	202		DINNER	Poached Garlic Chicken	219
SATURDAY	BREAKFAST	Sweet Potato Hash	170	SATURDAY	BREAKFAST	Huevos Rancheros	173
	LUNCH	Cilantro Shrimp Bowl	186		LUNCH	Cilantro Shrimp Bowl	186
	DINNER	Kirin's Slow-Cooker Chicken Basic Greens Basic Brown Rice	213 229 228		DINNER	White Bean Chili Verde	196
SUNDAY	BREAKFAST	Ginger Spice Shake	162	SUNDAY	BREAKFAST	Apple Pie Shake	166
	LUNCH	Roman Wrap	189		LUNCH	Freekeh Tabbouleh	179
	DINNER	Homestyle Meatloaf Whole-Grain Sourdough Bread Basic Greens	203 232 229		DINNER	Homestyle Beef Stew	197



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	WEEK 3		PAGE		WEEK 4		PAGE
MONDAY	BREAKFAST	Easy Breakfast Oatmeal	167	MONDAY	BREAKFAST	Overnight Apple Pie Oats	177
	LUNCH	Shiitake Soba Bowl	188		LUNCH	Masala Lentil Wrap	190
	DINNER	Minnesota-Style Wild Rice Hot Dish	207		DINNER	Classic Split Pea Soup	200
TUESDAY	BREAKFAST	Three-Ingredient Pancakes	169	TUESDAY	BREAKFAST	Whole Oat Porridge	175
	LUNCH	Roman Wrap	189		LUNCH	Roman Wrap	189
	DINNER	Curried Kabocha Soup	201		DINNER	Creamy Tarragon Chicken	210
WEDNESDAY	BREAKFAST	Sweet Potato Hash	170	WEDNESDAY	BREAKFAST	Brazil Nut Quickbread	176
	LUNCH	Healthy Caesar Salad	182		LUNCH	Chai Potato Bowl	184
	DINNER	One-Pot Green Chili Pasta	214		DINNER	Chermoula Baked River Trout	225
THURSDAY	BREAKFAST	Apple Pie Shake	166	THURSDAY	BREAKFAST	Buckwheat Banana Bread	178
	LUNCH	Classic Nicoise Salad	181		LUNCH	Shiitake Soba Bowl	188
	DINNER	Chermoula Baked River Trout	225		DINNER	Gingered Tempeh and Broccoli	212
FRIDAY	BREAKFAST	Buckwheat Berry Porridge	171	FRIDAY	BREAKFAST	Pumpkin Pie Delight	164
	LUNCH	Sesame Ginger Lettuce Wrap	192		LUNCH	Cilantro Shrimp Bowl	186
	DINNER	Better Than Carry-Out Orange Chicken	220		DINNER	Soup of the Green Goddess	199
SATURDAY	BREAKFAST	Ginger Spice Shake	162	SATURDAY	BREAKFAST	Huevos Rancheros	173
	LUNCH	Mediterranean Fennel Salad	180		LUNCH	Chai Potato Bowl	184
	DINNER	Thyroid Friendly Pesto	236		DINNER	Kirin's Slow-Cooker Chicken	213
SUNDAY	BREAKFAST	Vanilla Millet Hot Cereal	172	SUNDAY	BREAKFAST	Eggnog for Breakfast	161
	LUNCH	Southwest Scramble Wrap	193		LUNCH	Classic Nicoise Salad	181
	DINNER	Cajun Catfish	222		DINNER	Paprika Chicken with Roasted Limas and Brussel Sprouts	209