



MEAL IDEAS

Vegetarian

BREAKFAS

- Vegetable omelet (red/yellow/orange peppers, tomato, garlic, onion) cooked in grass-fed ghee or coconut oil, serve with handful of sautéed greens (spinach, kale, Swiss chard, beet greens)
- 2-3 eggs (soft boiled, poached, gently fried, scrambled, or hard boiled) with sautéed greens + ½ avocado
- 2-3 eggs scrambled with organic coconut milk, cook on low heat in coconut oil or ghee with large handful of spinach
- Superfood Smoothie**
- 2 eggs + 1 whole banana : scramble in bowl, add a dash of sea salt & cinnamon, cook on stovetop in grass-fed butter or ghee, don't overcook. Add to bowl. Top with raw nuts & seeds, berries, coconut flakes and cacao nibs.
- Egg sandwich: two soft-boiled eggs, sautéed spinach, avocado, layered on tomato slices. Drizzle with extra virgin olive oil.
- Huevos Rancheros: 2-3 organic eggs scrambled in coconut oil + vegetables, avocado and salsa on grain-free tortilla.
- Two soft-boiled eggs on Paleo bread**, with avocado slices, tomato, and sautéed greens
- Chia Seed Hot Breakfast Cereal**
- Paleo Breakfast Bar** topped with raw nut butter and coconut oil
- (Chia Seed) Raw Tapioca Pudding** topped with fresh fruit, raw nuts & seeds, coconut shreds
- Grain-Free Granola** with warm coconut milk or homemade nut milk
- Coconut Flour Pancakes** topped with lots of coconut oil and your favorite raw nut butter
- Grain-Free Breakfast Porridge** with coconut milk

*** see included recipes*

LUNCH AND DINNER

Try to purchase organic fruits and vegetables and eggs from pasture-raised chickens as often as possible. Aim to eat a large green salad with either lunch or dinner. Slice up an avocado, add raw nuts or seeds and top with a homemade olive oil, apple cider vinegar and sea salt dressing.

- Baked sweet potato with 1 tbsp almond butter, coconut oil & cinnamon with steamed broccoli
- Thai curried vegetables with coconut and mango over cauliflower rice with 2 poached eggs**
- Vegetarian lentil soup over cauliflower rice with oven-roasted kale**
- Curried chickpea salad topped with avocado and 2 soft boiled eggs**
- Large green salad with hard boiled egg, walnuts, avocado and olive oil/balsamic vinegar dressing
- Baked spaghetti squash topped with homemade vegan meatball** and homemade marinara or pesto sauce
- Squash and ginger soup with grain-free avocado toast**
- Marinated vegetable "raw" lasagna**
- Three bean salad, grain-free bread topped with hummus, sliced avocado, sliced hard boiled egg and tomato**
- Roasted vegetables over greens, topped with avocado and poached eggs
- Grilled vegetable skewers with dirty rice and beans**
- Sautéed vegetables (carrots, zucchini, squash, bell peppers, tomato, sprouts, purple cabbage, red onions) over cauliflower rice** topped with poached eggs
- Avocado and veggie burrito wrapped in grain-free tortilla with homemade guacamole and salsa
- Sweet potato and black bean enchiladas in plantain tortillas**
- Vegetarian Pad Thai** with zucchini noodles**

*** see included recipes*