



VEGETARIAN & DAIRY FREE MEAL IDEAS

BREAKFAST

- Vegetable omelet (red/yellow/orange peppers, tomato, garlic, onion) cooked in lots of organic butter, serve with handful of greens (spinach, kale, Swiss chard, beet greens)
- 1-2 Hardboiled or Soft boiled eggs** with ½ avocado
- Two eggs scrambled with full fat coconut milk** cooked on low heat in organic butter with large handful of spinach and ½ avocado.
- Superfood Smoothie**
- Egg sandwich: two soft-boiled eggs, sautéed spinach, avocado, red onion, layered on tomato slices. Drizzle with extra virgin olive oil.
- Huevos Rancheros: 2-3 organic eggs, vegetables, avocado and salsa
- Two soft-boiled or poached eggs on Paleo bread**, with avocado slices, tomato, and sautéed greens
- Nut butter smoothie: combine ½ avocado, 1½ Tbsp raw nut butter, dried unsweetened coconut (or fresh if available), organic full fat coconut milk, and a few drops of liquid stevia.
- Homemade Breakfast Bar** topped with raw nut butter and coconut oil.
- (Chia Seed) Raw Tapioca Pudding**
- Grain-Free Granola (almonds, macadamia nuts, pumpkin seeds, raisins, vanilla, cinnamon) with warm almond or other homemade nut milk**
- Almond Flour Pancakes** topped with lots of organic butter and your favorite raw nut butter
- Coconut Flour Pancakes** topped with lots of organic butter and your favorite raw nut butter
- Grain-Free Breakfast Porridge** with homemade nut milk or unsweetened 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 and coconut oil & cinnamon, 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 black bean burrito wrapped in lettuce with homemade guacamole and salsa
- Sweet potato and black bean enchiladas in plantain tortillas**
- Vegetarian Pad Thai** with zucchini noodles**

*** see included recipes*