



SIMPLIFY

Holistic Nutrition Consulting
& Functional Medicine Health
and Wellness Coaching

Simplify Your Meal Plan

	Breakfast	Lunch	Dinner	Optional Snack
Monday	Quinoa Bowl with Raspberries, Blueberries, and Rice Milk, Cinnamon and Pumpkin Seeds	Sweet Potato Soup with Coconut Cream, Ginger, Celery, Onions, and Carrots	Salmon with Mint Crust, steamed Asparagus, roasted Butter Nut Squash, Cilantro	1 Kiwi and a palm full of Cashews
Tuesday	Slice of Sourdough/Wheatberry Toast, Cucumber and Tomato Slices, Goat Cheese, Cilantro	Chicken Soup from a whole chicken, Cauliflower, Broccoli, Leeks, Cayenne Pepper	Turkey Breast with Red Cabbage with onions and Apples, mashed Sweet Potatoes	Sesame Crackers with Sunflower Seed Butter, Blueberries
Wednesday	Omelet with Spinach, Red Peppers, Garlic, Basil and Black Pepper	Beet Salad with Onions, Goat Cheese, Walnuts, Chives with grilled Chicken	Halibut with steamed Broccoli, Zucchini and Peppers with Onions and Garlic	A Mango and a palm full of Pecans
Thursday	Avocado with a Poached Egg, Smoked Salmon, Steamed Spinach with Parsley	Lentil Soup with Celery, Carrots, Onions and Mushrooms, Black Pepper	Chicken Thighs marinated in Soy/Ginger, organic Edamame, green Cabbage	A bowl of Berries with Blackberries, Raspberries, Blueberries
Friday	Cashew Nut Yogurt with Pomegranate and Walnut Pieces with fresh Mint	Quinoa Salad with Chives, Cucumber Cubes, Tomatoes, Olive Oil, lots of Parsley, Lemon Juice	Spiraled Zucchini with Basil, Shrimp, Garlic, with a Celery & Cucumber/Onion Salad with Lime Juice	Melon Cubes with Mint, fresh squeezed Lemon Juice and Walnut Pieces
Saturday	Oatmeal cooked in water, Apple and Pear pieces, Cinnamon, Flaxseeds and Hempseeds	Green Bean Soup in Broth with Sweet Potato Cubes, Organic Tofu, Curcumin	Grass Fed Beef with roasted Vegetables like Brussel Sprouts, Butternut Squash and Fennel	½ an Avocado with Olive Oil and Lime Juice, Sea Salt
Sunday	Salad of shredded Carrots, Celery, Onions with green and red Grape Halves, Olive Oil and Lime Juice	Turkey Chili, Tomatoes, Onion, Celery, Carrots, Peppers, Pinto/ Navy Beans, Turmeric	Brown Rice /Lentil Spaghetti with Turkey Meat Balls, Tomato Sauce, red Chili Pepper Flakes	Coconut Milk Yogurt with Pumpkin Seeds and Pomegranate