

Week³
January
19-25

SEASONAL EATING MEAL PLANNER

www.LorrieSeason.com



MONDAY

Bulletproof Coffee
with KITU Creamer

Green Smoothie
2 Pieces Bacon

Frittata with Fresh
Veggies Rescued from
the Crisper

TUESDAY

Bulletproof Coffee
with Kitu Creamer

Green Smoothie and
2 Slices of Bacon

Pan Fried Salmon,
with Herbed
Cauliflower Rice
and Side Salad

WEDNESDAY

Kale and Avocado
Smoothie, 2 pieces
bacon

Berry Smoothie.
Side of Breakfast
Sausage

Heather's
Recommended
Buddha Bowl

THURSDAY

Bulletproof Coffee
with Kitu Creamer

Coconut Yogurt
and Peaches
Soft Boiled Eggs

Grilled Chicken
Thighs, Roasted
Veggies

FRIDAY

Arugula Salad
with 2 Fried Eggs

Ginger Lime
Smoothie

Pork Tenderloin
and Sauerkraut
with Leftover
Roasted Veggies

SATURDAY

Arugula Salad with
2 Fried Eggs and 2
pieces Bacon

Goat Cheese, Seed
Crackers, and
Celery Sticks

Seafood Stew

SUNDAY

Quiche and Bacon

Skip/Left Overs

Charcuterie
Platter

BREAKFAST

LUNCH

DINNER