

Week 4

Jan 26-

Feb 1

SEASONAL EATING MEAL PLANNER

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MONDAY

Elderberry
Chai Tea

Tuna Salad in
Chinese Cabbage Wrap

Leftover
Seafood Stew
from Week 3

TUESDAY

Bulletproof Coffee
with Kitu Creamer

2 Scrambled Eggs
2 Pieces Bacon

Sausage Meatballs and
Chinese Cabbage Slaw

WEDNESDAY

Kale and Avocado
Smoothie, 2 pieces
bacon

Skip

Bratwurst,
Sauerkraut,
Leftover Slaw

THURSDAY

2 Fried Eggs Over
Arugula

Coconut Yogurt
and Peaches
Soft Boiled Egg

Grilled Chicken
Thighs, Steamed
Broccoli

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

Brie, Avocado
Slices, Seed
Crackers

We Fixed Our Hot
Water Heater and
Scavaged Leftovers

SUNDAY

Microgreen Salad
with 2 Fried Eggs

Skip/Left Overs

Moroccan Butternut
Squash and
Chickpea Stew

BREAKFAST

LUNCH

DINNER