

Week 1
January
5-11

SEASONAL EATING MEAL PLANNER

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MONDAY

Bulletproof Coffee
with KITU Creamer

Tuna, Hard Boiled
Egg, Raw Cauliflower

Awesome Burger
Roasted Brussels
Sprouts

TUESDAY

Bulletproof Coffee
with Kitu Creamer

Taco Salad No
Chips

Party Food
Happy New Year!

WEDNESDAY

Bulletproof Coffee
with Kitu Creamer

Kale and Avocado
Smoothie. Side of
Breakfast Sausage

Chicken Confit
with Roasted
Curry Cauliflower

THURSDAY

Bulletproof Coffee
with Kitu Creamer

Egg and Sausage
with Salad

Coconut Curry
Squash Soup with
Pork

FRIDAY

Bulletproof Coffee
with Kitu Creamer

Low Carb Berry
Smoothie

Mushroom and
Sausage Zoodles

SATURDAY

Bulletproof Coffee
with Kitu Creamer

Low Carb Berry
Smoothie

Meatball Soup and
Tossed Salad

SUNDAY

Quiche and Bacon

Squash Soup

Guacamole and
Veggies

BREAKFAST

LUNCH

DINNER