

Week 5
February
3-9

SEASONAL EATING MEAL PLANNER

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MONDAY

Scrambled Eggs,
Salsa, Breakfast
Sausage

Avocado and
Blackberry Smoothie

Blackened Chicken
Thighs and Root
Vegetables on the
Grill

TUESDAY

Bulletproof Coffee

2 Scrambled Eggs
2 Pieces Bacon

Carnitas Buddha Bowl

WEDNESDAY

Coconut Yogurt
and Strawberries
from the Freezer

Leftovers from
Carnitas Buddha
Bowl

Grilled Salmon over
Herbed Cauliflower
Rice, and Apple,
Beet and Carrot Slaw

THURSDAY

2 Fried Eggs Over
Arugula with
Fermented Radishes

Guacamole with
Carrot and Celery
Sticks

Moosewood's Red
Lentil Soup

FRIDAY

Bulletproof Coffee

Leftover Lentil
Soup

Spaghetti Squash
Pizza Casserole

SATURDAY

Beet and Apple
Smoothie with
Ginger

Leftover Casserole

Crockpot Pulled
Pork and Sauerkraut

SUNDAY

Microgreen Salad
with 2 Fried Eggs

Skip/Left Overs

Huge Tossed Salad
with Beans, Quinoa,
etc. Green Goddess
Dressing

BREAKFAST

LUNCH

DINNER