

Week 6  
February  
10-16

# SEASONAL EATING MEAL PLANNER

[www.LorrieSeason.com](http://www.LorrieSeason.com)



## MONDAY

Scrambled Eggs,  
Salsa, Breakfast  
Sausage

Celery Sticks and  
Cashew Dip

Braised Pork Butt,  
Fresh spinach with  
Olive Oil and Lemon,  
Sauerkraut

## TUESDAY

Bulletproof Coffee

2 Scrambled Eggs  
2 Pieces Bacon

Pulled Pork and Purple  
Cabbage Slaw

## WEDNESDAY

Coconut Yogurt  
and Strawberries  
from the Freezer

Eggs, Bacon,  
Bean Sprouts

Carnitas  
Buddha Bowl

## THURSDAY

Bone Broth and Hard  
Boiled Egg

Guacamole & Carrot  
and Celery Sticks, 2  
Pieces Bacon

Salmon and  
Radish Apple  
Salad

## FRIDAY

Bulletproof Coffee

Cut Vegetables  
and Apples Slices  
with Cashew Dip

Roasted Vegetable  
Quinoa Bowl

## SATURDAY

Beet and Apple  
Smoothie with  
Ginger

Leftovers: Raid the  
Fridge

Sweet Potato  
Casserole Boats

## SUNDAY

Microgreen Salad  
with 2 Fried Eggs,  
Bloody Marys

Skip/Left Overs

Caramelized Onion  
and Shiitake  
Mushroom Quiche

BREAKFAST

LUNCH

DINNER