

THE

Seasonal

Eating

2020

MEAL PLANNER

Food Tracker

	SU	MO	TU	WE	TH	FR	SA
BREAKFAST	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories
LUNCH	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories
DINNER	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories
SNACK	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories	 <hr/> Calories
WATER	 <hr/> Total	 <hr/> Total	 <hr/> Total	 <hr/> Total	 <hr/> Total	 <hr/> Total	 <hr/> Total

NOTES

Week 7
February 23-29

Meal Planner

MONDAY		
BREAKFAST	LUNCH	DINNER
bulletproof coffee	green smoothie 2 hard boiled eggs	vegetarian stuffed peppers
TUESDAY		
BREAKFAST	LUNCH	DINNER
beet ginger lemon smoothie	leftover stuffed peppers	pork meatballs bbq dip red cabbage slaw
WEDNESDAY		
BREAKFAST	LUNCH	DINNER
bulletproof coffee	leftovers	onions and mushroom quiche and salad
THURSDAY		
BREAKFAST	LUNCH	DINNER
leftover quiche	green smoothie and 2 pieces bacon	pan seared salmon herbed cauliflower rice string beans
FRIDAY		
BREAKFAST	LUNCH	DINNER
bulletproof coffee	tuna salad and daikon radish chips	charcuterie board with grapefruit and pears
SATURDAY		
BREAKFAST	LUNCH	DINNER
2 eggs scrambled salsa avocado	kale apple avocado green smoothie	sea scallops and tossed salad
SUNDAY		
BREAKFAST	LUNCH	DINNER
beet ginger lemon smoothie	leftovers	roasted veggies and quinoa bowl

Recipe

INGREDIENTS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

TIME

Prep.time

Cook time

NOTES