

THE

*Seasonal*

*Eating*

2020

MEAL PLANNER

# Food Tracker

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

## NOTES

# Meal Planner

MONDAY		
BREAKFAST	LUNCH	DINNER
Tossed salad and fried egg	Green Smoothie	Roasted Root Vegetables and Quinoa
TUESDAY		
BREAKFAST	LUNCH	DINNER
V8 Style Smoothie	Vegetable Sticks and Cashew Dip	Pork Patties and red cabbage slaw
WEDNESDAY		
BREAKFAST	LUNCH	DINNER
Breakfast Quinoa with Coconut Milk	Vegetable Sticks and Cashew Dip	Roasted Chicken Thighs Smothered in Mushrooms and Onions
THURSDAY		
BREAKFAST	LUNCH	DINNER
Bulletproof Coffee	Tuna Salad and Veggie Sticks	Pan Seared Salmon and Asparagus
FRIDAY		
BREAKFAST	LUNCH	DINNER
Bulletproof Coffee	2 Hardboiled Eggs, Bacon, Tossed Salad	Carryout Chinese
SATURDAY		
BREAKFAST	LUNCH	DINNER
Green Smoothie	2 Hardboiled Eggs, Bacon, Tossed Salad	Meat and Cheese Board with Veggies
SUNDAY		
BREAKFAST	LUNCH	DINNER
Bulletproof Coffee	Eggs Benedict	Leftovers

# Recipe

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## INGREDIENTS

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## TIME

\_\_\_\_\_  
**Prep.time**

\_\_\_\_\_  
**Cook time**

## NOTES