

Seasonal Eating

Meal Plan: Week 3



Breakfast

Lunch

Dinner

Sun

Anti-Anxiety
Lavender Smoothie

Roasted Root
Vegetables
2 pieces bacon

Leftover Chicken
Soup and Tossed
Salad

Mon

Anti-Anxiety
Lavender Smoothie

Elderberry Chai Tea
and Cinnamon
Toast

Caramelized Onion
and Bacon Quiche
and Sweet Potato
Fries

Tue

Anit-Stress
Smoothie

Leftover Quiche

Taco Tuesday -
Beef and Bean
Burritos

Wed

Anti-Stress
Smoothie

Burrito Leftover

Quick and Easy
Scallops Over
Pasta

Thu

Healing Breakfast
Soup

Elderberry Chai
and Toast with
Cherry Preserves

Chicken Thigh
Confit and Roasted
Veggies

Fri

Healing Breakfast
Soup

Apple, Cheese, and
Raw Veggies

Lentil Soup and
Cheesy Garlic
Bread