

# Seasonal Eating

## Meal Plan: Week 2



### Breakfast

### Lunch

### Dinner

Sun

Anti-Anxiety  
Lavender Smoothie

Roasted Root  
Vegetables  
2 pieces bacon

Grilled Salmon and  
Spinach Salad

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Mon

Anti-Anxiety  
Lavender Smoothie

Mexican Hot  
Chocolate and  
Buttered Toast with  
Cinnamon

Mexican Chicken  
and Rice Soup,  
Guacamole and  
Chips

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Tue

Anit-Stress  
Smoothie

Leftover Soup and  
Guac

Vegan Tacos

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Wed

Anti-Stress  
Smoothie

Vegan Taco  
Leftovers

What's in the  
Fridge Frittata

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Thu

Healing Breakfast  
Soup

Frittata Leftovers

Artichoke Dip with  
Toast Points and  
Veggie Sticks

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Fri

Healing Breakfast  
Soup

Leftover Dip

Cauliflower Crust  
Pizza