

Seasonal Eating

Meal Plan: Week 1



Breakfast

Lunch

Dinner

Sun

Fruit Smoothie
Vegan Collagen
Powder

Roasted Root
Vegetables
2 pieces bacon

Duck Soup

Mon

Green Smoothie
Farm Fresh Egg
Toast

Duck Soup

Quinoa Salad
Sausage Meatballs
Aioli Dip

Tue

Salad Greens and
Mung Bean Sprouts
Fried Egg

Quinoa Salad
Avacado Toast

Fish Tacos

Wed

Fruit Smoothie
Vegan Collagen
Powder

Fish Taco
Leftovers

Pasta Putanesca

Thu

Green Smoothie
2 Hard Boiled Eggs

Pasta Putanesca

Hummus and
Veggie Sticks

Fri

2 Fried Eggs
Beet Microgreens

Hummus and
Veggie Sticks

Chacutteri Board