

Unprocessed Made Easy



meal plan



Cutting processed foods can make such an incredible impact on your life! Our world today is full of people who are overweight or obese, but at the same time starving to death on a nutritional level. I used to be one of those people, but I have seen the power of adding in nourishing, unprocessed, delicious food. I know that you are also going to see great results! You are going to notice increased energy, clearer thinking, and even the loss of a couple of pounds.

Each day of this menu includes a scheduled dinner. Instead of scheduling breakfast, lunch, and snacks, you have a list of each to choose from. I suggest having the ingredients for several of these recipes on hand at home and planning out all your food the night before.

I have also included a prep suggestion for some of the days. Any time you are in the kitchen, maximize your time by seeing what you can cross off your prep list. With most meals, there comes a time where you are just waiting for things to cook, and maybe occasionally stirring. While I'm making dinner, I will use those times to clean up, wash dishes, pack tomorrow's lunches, and get all my prep for the next day done.

I also recommend starting each day with half a lemon squeezed into a mug of warm water. This hydrates your body, boosts your metabolism, starts the detoxification process, and puts your body in an alkaline state. In other words, it's a great way to start the morning! I suggest drinking it through a straw to protect your teeth.

To get recipe, click the name of the meal

Monday:

- Salmon en Papillote
- Prep: Cook rice and a chicken breast for chicken fried rice

Tuesday:

- Chicken fried rice
- Prep: Homemade granola from breakfast list

Wednesday:

- Asian turkey cabbage cups
- Prep: Start recipe for tortillas. Double the recipe so you have enough for two meals.

Thursday:

- Shredded pork tacos
- (Alternate recipe for tortillas in case you didn't start them last night. Make enough tortillas to freeze some for fajitas next week.)

Friday:

- Caprese quinoa salad

Saturday:

- Pizza night!

Sunday:

- Grilled meal - choose your favorite grilling meat. Cut zucchini into bite size chunks and fold into a foil packet with butter, salt and pepper. Same with some potatoes. Grill it all up and enjoy.

Breakfast Recipe Ideas

- Egg-free French toast
- Blueberry lemon muffins
- Granola
- Clean eating cranberry orange scones
- Toad in a hole
- Green smoothies
- Overnight slow cooker oatmeal
- Homemade plain yogurt
- Simple sauteed greens with over easy egg

Lunch Recipe Ideas

- Dinner leftovers make the best lunches!
- Salad - Pack loads of greens with lots of other veggies or fruits and your other favorite salad toppings. Top with a homemade dressing or squeeze half a lemon over the top.
- Carrot soup
- Carrots, cucumbers, bell peppers, or other veggies dipped in hummus.
- Simple sauteed greens with over easy egg
- Avocado toast - Top your favorite whole grain bread with half an avocado sprinkled with salt and pepper.

Snack Ideas

- Fruits and veggies, lots and lots of fruits and veggies!
- Nuts or seeds. Raw is best.
- Salads
- Banana cherry chocolate "nice" cream
- Popcorn, air popped or in the microwave using this recipe
- Carrots, cucumbers, bell peppers, or other veggies dipped in hummus.
- Homemade plain yogurt