

My Weekly Meal Plan Sample
1st Week of December

	Breakfast	Lunch	Dinner	Snacks
Sunday	Coconut Cure {Raw Detox}	Left Overs: Sweet Potato Stuffing	Cilantro Broiled Fish {My Kitchen Cure}	Raw Carrot, Macademia Nuts, Almonds, Goji Berries
Monday	R10 Veggie Juice {Raw Detox}	Red Salad {Raw Detox}	Ginger-Apple-Butternut Soup {My Kitchen Cure}	
Tuesday	Coconut Porridge {Practical Paleo}	Salad- Cabbage, Kale, Romaine, EVOO, Avocado, Sea Salt	Nori Wraps {My Kitchen Cure}	Kale Chips & Curry Cashews
Wednesday	Sauteed Veggies (Cabbage, Kale, Chard, Onion, Carrots in Coconut Oil)	Left Overs: Ginger-Apple-Butternut Soup {My Kitchen Cure}	Dinner Out at Indian Restaurant Veggie Curry {no rice, no grains, gluten free, dairy free, soy free}	Tooooo Many Curry Cashews!
Thursday	Bok Choy Veggie Mix w/ Fish Sauce	Spiced Pumpkin Muffin {Against All Grain} & Salad	Thai Pad See Ew {Against All Grain}	Tumeric Coconut Latte {My Kitchen Cure}
Friday	Spiced Pumpkin Muffin {Against All Grain}	Left Over: Thai Pad See Ew {Against All Grain} on bed of Romaine	Dill Salmon Burgers & Steamed Chard {My Kitchen Cure}	
Saturday	Sauteed Veggies (beet tops, carrots, onions in coconut oil)	Spirulina Coconut Bar, Pecans	Liver Pie {modified from Paleo Mom Steak & Kidney Pie}	Cookie (GF, DF, SF, Egg Free), 3 sample pieces of Radiantly Raw Chocolate