

QUICK MEAL PLANNING — AT A — GLANCE



Duncan Capicchiano N.D & Fiona Chin N.D

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Egg White omlette with spinach and asparagus. 1/2 a grapefruit	Buckwheat pancakes with blue berries	Hot quinoa and stewed apples	Veggie green smoothie with a side of almond yoghurt	Poached eggs with aparagus	Buckwheat porriage and berries	Berrie smoothie
LUNCH	Green salad with chickpeas	Green salad with grilled chicken breast	Vegetable soup with buckwheat crackers	Steamed vegetables with Tempeh	Beetroot and carrot salad with prawns	Oysters raw or Tofu cubes steamed, with salad greens	Vegetable stir-fry with Tempeh strips
DINNER	Grilled white fish with salad greens	Tofu and vegetable stir-fry	Roast chicken and roast vegetables	Turkey Meat balls and salad greens	Tempeh Asian vegetable stir-fry	Grilled salmon and roast vegetables	Vegetable curry with basmati rice
SNACK	Cut up fruit and almonds	Cucumber dip and gluten free crackers	Carrot and hommus dip	Home made alkalizing trail mix	Cut up fruit and almonds	Dehydrated apple chips	Kale chips and dill dip