



Healthy Methods Wellness

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	Cucumber & tomato salad, oven roasted whole chicken and roasted potatoes. Two squares of dark chocolate	Kale, potatoes, ground pork (cook them all together in one pan with onions and garlic). Watermelon	Kale Quinoa Salad with roasted chicken thighs. Two squares of dark chocolate	Moroccan tomato salad over kale massaged with 2 tbs. evoo, Moroccan Beef on a Skewer , rice. Frozen grapes.	Cucumber salad, salmon with ginger sauce , leftover quinoa. I'll use the ginger sauce on the cucumber salad, salmon and quinoa. Two squares of dark chocolate	Corn on the cob, grilled pork chops. Melon	Everything Salad (leftover corn from corn on the cob, lettuce, kale, cucumbers, tomatoes, garbanzo beans, feta, olives, watermelon radish, avocado, Healthy Methods Dressing , leftover chicken). Blueberry, lemon, cashew cream ice cream .
Lunch	Out to lunch with hubby	Salad with black beans, leftover chicken and potatoes with Healthy Methods Dressing - blueberries	Leftovers from Monday-peach	Smoothie bowl with avocado, banana and walnuts. (I use this protein powder.)	Leftovers from earlier in the week-melon	Leftovers from earlier in the week-peach	Leftovers from earlier in the week-melon
Breakfast	Oven roasted hash brown potatoes, veggie frittata-melon	1 cup Oatmeal, 3 tablespoons chia seed pudding , 1 jumbo eggs scrambled	Chocolate Banana Smoothie Bowl (recipe on website).	1 cup chia seed pudding 1 jumbo egg soft boiled	1 cup Oatmeal, 3 tablespoons chia seed pudding, 1 jumbo egg scrambled	1 cup chia seed pudding , 1 jumbo egg scrambled	Chocolate Banana Smoothie Bowl

Note: I always plan my meals from dinner down and I soak my oatmeal in a big bowl in the refrigerator and sprinkle it with cinnamon and ground ginger then drizzle local honey on it.