



Sample Meal Planner -- Meat

(Weeks 1-4)

Days	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Monday	Oatmeal with optional raisins, 1/3 banana, 1 tsp honey, brown sugar, milk	Baked chicken with yam and basmati rice, rice pudding for dessert	Dal soup with chapati and ghee, steamed broccoli	Chicken sandwich with vegetable soup	Chicken soup with vegetables and rice
Tuesday	Cream of wheat cooked with same options	Chicken sandwich on whole wheat tortilla, rice and steamed bok choy	Split mung dal with baked acorn squash, basmati rice, apple crisp for dessert	Baked turkey, basmati rice, stir fried curried green beans	Turkey soup with vegetables
Wednesday	Leftovers from yesterday or oatmeal	Vegetable soup with basmati rice and cilantro, squash, turnips and carrots	Turkey stuffed with rice dressing, baked apple, steamed or stir-fried cauliflower	Kitcheree with mung beans, carrots and green beans. Add chopped spinach at end.	Turkey stir-fry with carrots and bok choy over steamed basmati rice (can use turkey from lunch)
Thursday	Kitcheree from yesterday or oatmeal	Poached trout with cilantro dressing, basmati rice, cottage cheese, steamed kale or chard	Vegetable soup, chapati with ghee Peach/cottage cheese for dessert	Orange lentil dal soup with vegetables, 1 chapati with ghee	Rice pudding
Friday	If not hungry, vegetable soup with 2-3 vegetables without grain	Stir fried chicken with rice and vegetables	Orange dal soup with vegetables and chapati, baked pear with ginger/nutmeg for dessert	Leftover chicken with new cooked vegetables, basmati rice	Orange dal soup leftovers
Saturday	Egg white omelet, chapati with ghee	Fish soup with squash, leeks and green beans. Steamed rice or whole wheat tortillas	Stir-fried okra with cilantro, leftover fish soup	Turkey stew with yellow squash, sweet red pepper, zucchini, no grain	Leftovers from previous meal, add water as soup.
Sunday	Leftovers from yesterday or oatmeal	Turkey sandwich in whole wheat tortilla; steamed carrots and chard plus the broth	Root vegetable soup, baked squash, basmati rice. Steamed or baked fish. dates with almonds, ghee, cardamom for dessert	Split mung soup with carrots, turnips. Steamed broccoli, basmati rice	Leftovers from previous meal — add turkey to the soup