

WHOLE FOODIE CHALLENGE

My New Roots 21 Day Challenge

Suggested Meal Plan – Week 3 (Full Week)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Raspberry Buckwheat Porridge	Raspberry Buckwheat Porridge	Raspberry Buckwheat Porridge	Carrot Cake Porridge	Carrot Cake Porridge	Super Cereal (see week 1)	Super Cereal (see week 1)
LUNCH	Deluxe Butternut Macaroni 'N' Tease	Grilled Zucchini Salad	Deluxe Butternut Macaroni 'N' Tease	Thai Style Coconut Soup	Early Summer Abundance Bowl	Thai Style Coconut Soup	Early Summer Abundance Bowl
DINNER	Grilled Zucchini Salad	Deluxe Butternut Macaroni 'N' Tease	Thai Style Coconut Soup	Early Summer Abundance Bowl	Thai Style Coconut Soup	Deluxe Butternut Macaroni 'N' Tease (fzn)	Meal of choice!
SNACK	Flax Crackers and Mint Pea Dip		Flax Crackers and Mint Pea Dip		Flax Crackers and Mint Pea Dip		Flax Crackers and Mint Pea Dip
DESSERT	Herbal tea of choice and mint chocolate ice-cream cookie or fresh fruit						

Suggested Meal Plan – Week 3 (3 - Day)

	DAY 1	DAY 2	DAY 3
BREAKFAST	Raspberry Buckwheat Porridge	Raspberry Buckwheat Porridge	Super Cereal (see week 1)
LUNCH	Early Summer Abundance Bowl	Grilled Zucchini Salad	Early Summer Abundance Bowl
DINNER	Grilled Zucchini Salad	Thai Style Coconut Soup	Thai Style Coconut Soup
SNACK	Tropical Chewy Granola Bars	Flax Crackers	Tropical Chewy Granola Bars
DESSERT	Herbal tea of choice and Fruit		

*Please note that I like to prepare my meals ahead of time and eat them over the next few days – if you prefer variety, you may want to make a batch and freeze some for later in the week!