



	Breakfast	Lunch	Dinner	Snack
Sunday	Breakfast salad with poached egg	Organic turkey sandwich on sprouted bread with Granny Smith apple slices and brie cheese	Roasted chicken, roasted asparagus or brussels sprouts, mashed cauliflower	Cucumber slices topped with almond butter and roasted garlic
Monday	Almond coconut porridge*	Avocado toast on sprouted bread	Grilled Salmon, sweet potato and black bean salad*	Hard boiled eggs
Tuesday	Green smoothie	Veggie frittata*	Thai coconut soup*	Trail mix - raw nuts and seeds, goji berries*
Wednesday	Chia pudding	Chicken salad with grapes, almonds, celery, red onion and plain kefir	Spaghetti squash with organic marinara sauce, kale caesar salad	Hummus, veggies and olives
Thursday	Berry smoothie	Chopped salad with spinach, tomatoes, bell peppers, garbanzo beans, chia seeds and orange ginger sesame dressing	Maitake mushroom and quinoa risotto	Kale chips, zucchini chips, and / or sweet potato chips
Friday	Granola with hemp milk or pomegranate kefir	Gazpacho*	Grass fed burgers (no bun), sweet potato tots*	Granny Smith apple slices with goat cheddar
Saturday	Sweet potato hash with egg	Chickpea, avocado and feta salad*	Bone broth soup*	Celery sticks with nut butter (almond or cashew)

\* These recipes can be found on [www.thekifbrownfoundation.com](http://www.thekifbrownfoundation.com)