

TRACY BECHTEL

WELLNESS

WEEK TWO SUMMARY: MEAL PLAN

	DAY 9 SAT, JAN 12	DAY 10 SUN, JAN 13	DAY 11 MON, JAN 14	DAY 12 TUES, JAN 15	DAY 13 WED, JAN 16	DAY 14 THURS, JAN 17	DAY 15 FRI, JAN 18
BREAKFAST	banana buckwheat pancakes ⊙	green tropical smoothie ✱	coconut black rice pudding ⊙	green oat smoothie ✱	green chia smoothie ✱	raw chia oat porridge ✱	oat pecan pancakes ⊙
LUNCH	carrot ginger squash soup ⊙	marinated beet arugula salad ✱	endive fennel blood orange salad ✱	lentil minestrone ⊙	red lentil soup ⊙	sweet potato kale salad ✱	autumn salad ✱
DINNER	cauliflower rice veggie stir fry ⊙	salmon tacos ⊙	herbed falafel ⊙	fish skewers ⊙ baby bok choy & shiitake mushrooms ⊙	forbidden rice bowl ⊙	cannellini bean quinoa patties ⊙	veggie spaghetti squash ⊙ or ✱

⊙ = eat warm ✱ = eat cold or room temperature

KITCHEN EQUIPMENT NEEDED

blender

*blender
mason jars*

food processor

*blender
mason jars*

*blender
mason jars*

n/a

blender