

ON THE MENU THIS WEEK

Prep 5 simple recipes on Sunday that stretch into 19 varied snacks and meals throughout the week.

BREAKFAST

Grain-Free Glazed Morning Glory Bread (p. 62)
with fresh berries

Crumbled Grain-Free Glazed Morning Glory Bread (p. 62)
over chia pudding

Flaked Olive Oil–Poached Fish (p. 60)
used as an omelette filling
along with fresh herbs

Grain-Free Glazed Morning Glory Bread (p. 62)
dipped into egg mixture
and cooked as French toast

LUNCH

Butternut Squash Chili (p. 58)
over sautéed cauli-rice

Olive Oil–Poached Fish (p. 60)
flaked and served in nori wraps
with matchstick carrots and bell
pepper and sliced avocado

Chicken Satay with Peanut Sauce (p. 61)
in a bowl with sautéed shredded
cabbage, snow peas and carrots

Baked sweet potatoes topped with
Warm Spinach Artichoke Dip (p. 59)
and cooked ground turkey

Tomato soup with a swirl of
Warm Spinach Artichoke Dip (p. 59)

DINNER

Butternut Squash Chili (p. 58)
with optional toppings

Olive Oil–Poached Fish (p. 60)
and steamed broccoli with sliced
almonds and a drizzle of sesame oil

Butternut Squash Chili (p. 58)
made into a shepherd's pie with
potato or cauliflower topping

Chicken Satay (p. 61)
chopped and tossed with
Peanut Sauce (p. 61),
cooked butternut squash
or carrot noodles and
chopped veg of your choice

Warm Spinach Artichoke Dip (p. 59)
spread over grain-free or cauliflower
pizza crust; top with veggies and extra
Parmesan

Butternut Squash Chili (p. 58)
over roasted eggplant slices

SNACKS & DESSERT

Warm Spinach Artichoke Dip (p. 59) with
vegetables

Warm Spinach Artichoke Dip (p. 59)
with hard-cooked eggs

Grain-Free Glazed Morning Glory Bread
(p. 62) cubed over yogurt

Grain-Free Glazed Morning Glory Bread (p. 62)
stuffed into cored apples
and baked until tender