




## OEE Menu Plan

**Week One = 50% Raw + 50% Cooked**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Green Juice Or Smoothie</b>	Creamy Smoothie	Vitality Smoothie	A.M. Smoothie	Creamy Smoothie	Vitality Smoothie	Creamy Smoothie	Vitality Smoothie
<b>Breakfast</b>	Superfood Muesli	Fruit Fusion Porridge with Ginger Cream	Superfood Muesli	Fruit Fusion Porridge with Ginger Cream	Superfood Muesli	Wilted Cheezy Spinach with Avocado On Wheat-Free Toast* <small>(with optional poached egg)</small>	Fruit Fusion Porridge with Ginger Cream
<b>Lunch</b>	Winter Red Pepper Hummus and Salad Wheat-Free Sandwich*	Spiced Parsnip Soup with Wheat-Free Toast*	Winter Red Pepper Hummus and Salad Wheat-Free Sandwich*	Nori Wraps with Quinoa*	Spiced Parsnip Soup with Wheat-Free Toast*	Spinach Soup with Wheat Free Bread or Toast*	Purple Salad with Baked Sweet Potato*
<b>Supper</b>	Raw Stir Fry with Baked Sweet Potato*	Veg Korma with Brown Rice*	Spicy Tomato Soup with Baked Potato*	Raw Pesto & Pasta*	Veg Korma with Brown Rice*	Raw Stir Fry with Baked Sweet Potato*	Mexican Bean Soup with Wheat-Free Toast*
<b>Treats &amp; Snacks</b>	Caramel Bliss Balls	Almonds & Dates	Chocolate Pecan Brownies	Chocolate Pecan Brownies	Almonds & Dates	Caramel Bliss Balls	Almonds & Dates

\* Cooked item – You can leave these out or swap them for a raw substitute (e.g. Raw Crackers or Raw Courgette Ribbon Pasta)