



OEE Menu Plan

Week Two = 50% Raw + 50% Cooked

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Green Juice Or Smoothie	Banana, Maca & Alfalfa Smoothie	Vitality Smoothie	Fruit-Free Power Smoothie	Banana, Maca & Alfalfa Smoothie	Vitality Smoothie	Creamy Smoothie	Banana, Maca & Alfalfa Smoothie
Breakfast	Vitality Boost Muesli	Berry Vanilla Porridge	Vitality Boost Muesli	Fruit Fusion Porridge* with Ginger Cream	Vitality Boost Muesli	Avocado Tomato Basil Breakfast On Wheat-Free Toast*	Fruit Fusion Porridge* with Ginger Cream
Lunch	Spicy Chickpea Hummus with Salad and Rice/Corn/Oat Cakes*	Spicy Chickpea Hummus with Salad and Rice/Corn/Oat Cakes*	Winter Red Pepper Hummus and Salad Wheat-Free Sandwich*	Nori Wraps with Quinoa*	Falafel Wraps with Wheat Free Bread or Toast*	Spinach Soup with Wheat Free Bread or Toast*	Portobello Steaks with Gravy, Salad & Parsnip Mash*
Supper	Thai Green Curry with Brown Rice*	Baked Pesto Mushrooms* with Salad	Veg Korma with Brown Rice*	Mushroom Satay with Brown Rice Noodles*	Spicy Tomato Soup with Baked Potato*	Baked Pesto Mushrooms* with Salad	Mexican Bean Soup with Wheat-Free Toast*
Treats & Snacks	Chocolate Seed Bites	Almonds & Dates	Lime Mousse	Chocolate Seed Bites	Almonds & Dates	Chocolate Seed Bites	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)