




OEE Menu Plan

Week Three = 65% Raw + 35% Cooked

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Green Juice Or Smoothie	Lemon Pie Smoothie	Workout Smoothie	A.M. Smoothie	Banana, Maca & Alfalfa Smoothie	A.M. Smoothie	Lemon Pie Smoothie	Vitality Smoothie
Breakfast	Superfood Muesli	Berry Vanilla Porridge	Superfood Muesli	Spiced Apple Compote with Cashew Yoghurt	Superfood Muesli	Wilted Cheesy Spinach with Avocado on Wheat-Free Toast*	Berry Vanilla Porridge
Lunch	Spicy Walnut Pate with Salad	Pea & Mint Soup with Rice/Corn/Oat Cakes*	Spicy Walnut Pate and Salad	Butternut Parmesan Tagliatelle	Coleslaw with Quinoa*	Purple Salad with Baked Sweet Potato*	Falafel Wraps
Supper	Raw Stir Fry with Quinoa*	Purple Salad with Baked Sweet Potato*	Pasta with Rich Tomato Sauce	Chilli sin Carne with Brown Rice* & Salad	Broccoli* & 3 Seed Salad with Walnut Pesto Dressing	Baked Pesto Mushrooms* with Salad	Chilli sin Carne with Salad
Treats & Snacks	Chocolate Pecan Brownies	Celery & Apple	Chocolate Pecan Brownies	Halva	Celery & Apple	Chocolate Pecan Brownies	Halva

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