




## OEE Menu Plan

**Week Four = 65% Raw + 35% 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>	Workout Smoothie	Creamy Smoothie	Workout Smoothie	Banana, Maca & Alfalfa Smoothie	Workout Smoothie	Vitality Smoothie	Creamy Smoothie
<b>Breakfast</b>	Vitality Boost Muesli	Fruit Fusion Porridge* with Ginger Cream	Spiced Apple Compote with Cashew Yoghurt	Coconut Banana Porridge	Spiced Apple Compote with Cashew Yoghurt	Tomato Chickpeas with Marinated Mushrooms on Wheat-Free Toast*	Vitality Boost Muesli
<b>Lunch</b>	Beetroot Almond Pate with Salad	Spinach Soup	Nori Wraps	Spicy Chickpea Hummus with Salad	Chilli sin Carne with Salad	Spicy Tomato Soup	Tagine with Quinoa*
<b>Supper</b>	Mushroom Satay with Quinoa*	Butternut Parmesan Tagliatelle*	Korma with Brown Rice*	Mexican Bean Soup with Wheat-Free Toast*	Pesto Pasta*	Portobello Steaks with Parsnip Mash & Salad	Spinach Soup
<b>Treats &amp; Snacks</b>	Carrots & Celery	Fridge Macarons	Carrots & Celery	Fridge Macarons	Carrots & Celery	Raspberry Cheesecake	Fridge Macarons

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