



OEE Menu Plan

Week Five = 75% Raw + 25% Cooked

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Green Smoothie	A.M. Smoothie	Lemon Pie Smoothie	A.M. Smoothie	Lemon Pie Smoothie	A.M. Smoothie	Lemon Pie Smoothie	Vitality Smoothie
Breakfast	Superfood Muesli	Wilted Cheesy Spinach with Avocado	Superfood Muesli	Berry Vanilla Porridge	Superfood Muesli	Wilted Cheesy Spinach with Avocado on Wheat-Free Toast*	Coconut Banana Porridge
Lunch	Nori Wraps	Falafel Wraps	Winter Red Pepper Hummus with Salad & Rice/Oat/Corn Cakes*	Nori Wraps	Chilli sin Carne with Salad	Spicy Tomato Soup	Tagine with Quinoa*
Supper	Falafel Wraps with Quinoa*	Thai Green Curry with Brown Rice*	Smoky BBQ Mushroom Steaks with Mashed Sweet Potato & Salad	Chilli sin Carne with Brown Rice*	Broccoli* & 3 Seed Salad with Walnut Pesto Dressing	Raw Stir Fry	Baked Spicy Walnut Mushrooms* with Salad
Treats & Snacks	Caramel Bliss Balls	Fresh Fruit, Celery, Carrots	Caramel Bliss Balls	Fresh Fruit, Celery, Carrots	Caramel Bliss Balls	Fresh Fruit, Celery, Carrots	Chocolate Orange Mousse

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