



OEE Menu Plan

Week Six = 75% Raw + 25% Cooked

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Green Smoothie	Blue Green Super Smoothie	Banana, Maca & Alfalfa Smoothie	Blue Green Super Smoothie	Vitality Smoothie	Blue Green Super Smoothie	Creamy Smoothie	Fruit-Free Power Smoothie
Breakfast	Vitality Boost Muesli	Tomato Avocado Basil Breakfast on Toast*	Vitality Boost Muesli	Tomato Chickpeas on Toast* with Salad	Vitality Boost Muesli	Tomato Chickpeas with Wilted Cheesy Spinach and Avocado on Toast*	Fruit Salad with Cream
Lunch	Beetroot Almond Pate with Salad	Spicy Walnut Pate with Salad	Cherry Tomato Lasagne with Salad	Vietnamese Salad	Rainbow Stir with Quinoa*	Pea & Mint Soup	Mushroom Satay with Brown Rice*
Supper	Broccoli & Mushroom Stir with Brown Rice*	Cherry Tomato Lasagne with Salad & Quinoa*	Butternut Parmesan Tagliatelle	Veg Korma with Brown Rice*	Spicy Tomato Soup	BBQ Mushroom Steaks with Sweet Potato Mash* & Salad	Spinach Soup
Treats & Snacks	Pâté & Crudités	Chocolate Seed Bites	Pâté & Crudités	Chocolate Seed Bites	Pâté & Crudités	Pear & Berry Crumble	Chocolate Seed Bites

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