



OEE Menu Plan

Week Seven = 75% Raw + 25% Cooked

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Green Smoothie	Almond Super Smoothie	Banana, Maca & Alfalfa Smoothie	Almond Super Smoothie	A.M. Smoothie	Almond Super Smoothie	Blue Green Super Smoothie	Lemon Pie Smoothie
Breakfast	Berry Vanilla Porridge	Wilted Cheesy Spinach with Avocado on Toast*	Berry Vanilla Porridge	Wilted Cheesy Spinach with Avocado on Toast*	Berry Vanilla Porridge	Wilted Greens with Sweet Chilli Sauce with Poached Egg* & Wheat-Free Toast*	Fruit Fusion Porridge* with Ginger Cream
Lunch	Walnut Pesto with Salad	Raw Stir Fry	Walnut Pesto with Salad	Nori Wraps	Spicy Chickpea Hummus with Salad & Quinoa*	Butternut Parmesan Tagliatelle*	Cauliflower Cheeze* with Salad
Supper	Pasta with Rich Tomato Sauce	Baked Pesto Mushrooms* with Salad	Chilli sin Carne with Salad & Brown Rice*	Falafel Wraps	Thai Green Curry & Brown Rice Noodles*	Baked Spicy Walnut Mushrooms* and Salad	Coleslaw with Quinoa
Treats & Snacks	Pecans & Raisins	Halva	Pecans & Raisins	Halva	Pecans & Raisins	Chocolate Pecan Brownies	Chocolate Pecan Brownies

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