



OEE Menu Plan

Week Eight = 75% Raw + 25% Cooked

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Green Smoothie	Mango & Spinach Smoothie	Berry Boost Smoothie	A.M. Smoothie	Mango & Spinach Smoothie	A.M. Smoothie	Berry Boost Smoothie	Vitality Smoothie
Breakfast	Superfood Muesli	Wilted Cheesy Spinach with Avocado	Superfood Muesli	Cocoshu Yoghurt with Fresh Berries	Superfood Muesli	Marinated Mushrooms with sliced Avocado & Poached Egg (optional)*	Cocoshu Yoghurt with Fresh Berries
Lunch	Nori Wraps	Mexican Bean Soup	Beetroot Almond Pate with Salad & Rice/Oat/Corn Cakes*	Nori Wraps	Chilli sin Carne with Salad	Spicy Tomato Soup	Tagine with Quinoa*
Supper	Vietnamese Salad with Baked Sweet Potato	Falafel Wraps with Quinoa*	Raw Stir Fry	Thai Green Curry with Brown Rice*	Broccoli* & 3 Seed Salad with Walnut Pesto Dressing	Smoky BBQ Mushroom Steaks with Mashed Sweet Potato & Salad	Chilli sin Carne with Brown Rice*
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)