

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast: Porridge with pecans, honey, cream, and butter	Breakfast: Cheese and Garlic Grits	Breakfast: Cream Cheese Pastries, Asparagus Tart	Breakfast: Almond Butter and Banana Sandwiches and Eggnog	Breakfast: Lacto- Fermented Pancakes with butter and maple syrup, and Yogurt
Snack: Hummus with radishes, carrots, and crackers.	Lunch: Wild Salad, Millet Cakes with crème fraiche, and fruit	Lunch: Tomato Platter, Kim Chi, Zucchini Muffins & butter	Lunch: Lentils and Peas with Kraut and Rice	Lunch: Chickpea Pancakes, Dandelion Green Fricasse, Greek Rice and yoghurt	Lunch: Leftovers or Veggie Pizza and Salad
Dinner: Black Beans, Cortido, Avocado, crème fraiche, and Tortillas	Dinner: Salmon with Dill Sauce, Beet Cakes, Lambs Quarter Greens, Rye Bread and Butter	Dinner: Roast Chicken, Cottage Potatoes, Fruit Chutney, Kale Popcorn and Butter	Dinner: Hearty Chicken Vegetable Soup with Nettles, Salad, Natural Yeast Bread & Butter, and Fudge	Dinner: Zucchini Lasagna, green lettuce salad, bread rolls , and Ice Cream	