

FOUR WEEK RAW MENU PLANNER

Monday - Julienned Veggies with Sweet Citrus Dressing & Walnut, Cranberry, Butternut Squash "Rice"
Tuesday - Stuffed Avocado & Waldorf Salad
Wednesday - Zucchini Noodles and Herbs with Pad Thai Sauce & Thai Coconut Curry Soup
Thursday - Stir Non-Fry & Spanish Rice
Friday - Pizza & Caesar Salad
Saturday - Stuffed Cucumbers, Eggless Egg Salad & Flax Crackers

Monday - Taste of India Salad & Creamy Carrot Ginger Soup
Tuesday - Cannelloni & Creamy Tomato Soup
Wednesday - Fettuccini Alfredo with Bruschetta and Pine Nut Parmesan
Thursday - Falafel with Dill Cream Sauce, Hummus, & Mediterranean Tabouli
Friday - Tostados with Fresh Tomato Salsa
Saturday - Asian Garden Salad & Seaweed Chowder

Monday - Tomato Stacks & Creamy Coleslaw
Tuesday - Baja Cheese Burrito with Taco Meat and Red Pepper Corn Salsa
Wednesday - Zucchini Lasagna with Basil Pistachio Pesto and Pine Nut "Ricotta"
Thursday - Mock Turkey Loaf, Herb Stuffing & Sweet Potato Casserole
Friday - Pizza & Caesar Salad
Saturday - Stuffed Tomato & Mediterranean Dolmades

Monday - Arugula Pear Salad & Mock Salmon & Crackers
Tuesday - Sweet Potato Wrap & Waldorf Salad
Wednesday - Pasta Marinara with Meatballs
Thursday - ~~Meat Loaf & Carrot Lemon Cups~~ Chick-less fingers, onion rings, Sweet n. Sour Coleslaw
Friday - Sunburgers with Sesame Sunbread, Sundried Tomato Ketchup and Hot Spicy Mustard
Saturday - Caesar Salad with Mock Tuna & Tomato Gazpacho