



Yoav & Shira's Menu

SATURDAY

Dinner: Vegetable and Tofu Stir Fry with Peanut Sauce (peanut butter, soy sauce)
Brown Rice

SUNDAY

Brunch: 2 eggs with Kale, Onions, Fresh Herbs and Salsa
Whole Wheat Toast
Green Chai Tea (no milk/sweetener)

Dinner: Indian Lentil Stew
Brown Rice
Green Salad (dressed with lemon, olive oil and tamari)

MONDAY

Breakfast: 1/2 cup Plain Yogurt
Half a Banana
Toast with 1 tsp. Peanut Butter
Green Chai Tea (no milk/sweetener)

Lunch: Salad with 1 hard-boiled egg
Leftover Lentil soup

Dinner: Cuban Black Beans
Sweet Potato (1 small each)

TUESDAY

Breakfast: Oatmeal (1 cup each)
1 Hard-boiled Egg
Green Chai Tea (no milk/sweetener)

Lunch: Tuna salad sandwich with lettuce (tuna, lemon, olive oil)
1 apple

Dinner: Black Bean Stew
Greens
Brown rice

WEDNESDAY

Breakfast: 1/2 cup Plain Yogurt
Half Banana
Toast with Peanut Butter
Green Chai Tea (no milk/sweetener)

Lunch: Leftover Black Beans and Rice

Dinner: Lentil Stew
Sweet Potato
Salad with 1/2 apple

THURSDAY

Breakfast: Oatmeal
1/2 cup Plain Yogurt
Half banana
Green Chai Tea (no milk/sweetener)

Lunch: Lentil Soup
1 Hard-boiled egg
Toast

Dinner: Veggie stir-fry with tofu
Brown rice

FRIDAY

Breakfast: Oatmeal with apple
1/2 cup yogurt
Green Chai Tea (no milk/sweetener)

Lunch: Black Bean and sweet potato stew

Dinner: Frittata with sweet potato, kale & free sample cheese
Indian Lentil Soup
Salad
Baguette bread
Pears

SATURDAY

Breakfast: Oatmeal with pear
Green Chai Tea (no milk/sweetener)

Lunch: Leftovers from Friday night