

		Meal	Link for recipe / ingredients
TUESDAY	Breakfast	Fatty coffee - 1 small mug dark roast half-caf - 1 Tbsp MCT oil - 1 tsp coconut oil & butter ghee	https://draxe.com/mct-oil/ https://www.stfrancisherbfarm.com/products/organic-virgin-coconut-oil-butter-ghee
	Lunch	Vegetable & tofu curry on chopped kale. Topped with avocado, lime & salt. Carrot spears.	http://www.shelbyworts.com/main/recipes/indian_curry_tofu.html
	Dinner	Sautéed veggies with Tesoro's arrabiata sauce, on red lentil pasta.	https://www.tesororestaurant.ca/mercato.php http://www.mariasnoodles.ca/pastas/
WEDNESDAY	Breakfast	Fatty coffee	
	Lunch	Vegetable & tofu curry on zucchini noodles.	https://livingwellmom.com/2016/06/zoodles-zucchini-noodles/
	Dinner	Gluten-free pizza; loaded with sautéed veggies, reduced mushrooms, pineapple, black olives and sheep feta	https://www.amys.com/our-foods/cheese-pizza-gluten-free
THURSDAY	Breakfast	Fatty coffee	
	Lunch	Leftover pizza. Red pepper, carrot. Boiled eggs with olive oil, salt & pepper.	https://www.collingwoodoliveoil.ca
	Dinner	Chana masala (I add coconut milk and more tomatoes), on bed of chopped kale.	https://static1.squarespace.com/static/59f7aaa590bcce2dbefefdf5/t/5a109e1cc8302511612694ba/1511038495124/Arvinda%27sChannaMasala_EN.pdf
FRIDAY	Breakfast	Fatty coffee	
	Lunch	Chana masala on bed of chopped kale. Carrot, red pepper.	
	Dinner	Quinoa cod patty (PC) topped with a spoonful of each leftover: curry, chana masala, reduced mushrooms.	https://www.presidentschoice.ca/en_CA/products/productlisting/pc-quinoa-pacific-cod-burgers.html
SATURDAY	Breakfast	Fatty coffee	
	Lunch	Scrambled eggs; 1/2 zucchini, 1/2 red pepper, shallot, sun-dried tomatoes, 1/2 tomato, nutritional yeast, spinach, sheep feta, 3 eggs.	

	Dinner	Vegan mac & cheese sauce on gluten-free pasta (yellow pea & sweet potato), on bed of chopped kale.	https://www.instagram.com/p/BeTYsZrgvKS/?taken-by=hannah_chia http://www.mariasnoodles.ca/pastas/
SUNDAY	Breakfast	Fatty coffee	
	Lunch	[packed lunch for shopping at Ikea!] Chana masala on pea shoots.	
	Dinner	Spinach salad. Avocado with lime & salt. Falafel.	http://mylittlechickpea.com/products/
MONDAY	Breakfast	Fatty coffee	
	Lunch	Chana masala on bed of spinach & pea shoots. Avocado with lime & salt.	
	Dinner	Vegetable & tofu curry on bed of spinach.	