Week 1

Monday



Breakfast Oatmeal with butter, fruits, berries, milk
AM Snack Apples, bananas, water
Lunch vegetables, microgreens, fresh herbs, salmon cream soup with vegetables, milk, fruits, bread
PM Snack Fruit and veggie smoothie (Vitamix)
Dinner Rice with chicken and vegetables baked with cheese, milk, fruits, vegetables, microgreens, fresh herbs

Tuesday



Breakfast cottage cheese waffles, sour cream, honey, berries, milk
AM Snack grape, pear, strawberries, water
Lunch Vegetables, microgreens, fresh herbs, chicken spinach quinoa soup, sour cream, milk, fruits, bread
PM Snack Fresh fruits and yogurt
Dinner Vegetables, microgreens, fresh herbs, buckwheat with chicken, zucchini and carrots in cream sauce, milk, fruits

Wednesday

Breakfast milk rice porridge with butter, berries, milk
AM Snack apricots, pear, water



Lunch Vegetables, microgreens, fresh herbs, turkey meatball noodle soup with vegetables, bread, milk, fruits, bread
PM Snack Fruit and veggie smoothie (Vitamix)
Dinner Vegetables, microgreens, fresh herbs, pasta bolognese, milk, fruits

Thursday



Breakfast cottage cheese banana pancakes with sour cream, honey, berries, milk
AM Snack Apples, pear, melon, water
Lunch Vegetables, microgreens, fresh herbs, chicken and rice soup, milk, fruits, bread
PM Snack Fresh fruits and cheese
Dinner Vegetables, microgreens, fresh herbs, mashed potatoes with turkey and beef patties, vegetables, milk, fruits

Friday

Breakfast millet porridge with butter and raisins, berries, milk
AM Snack Apples, strawberries, water
Lunch Vegetables, microgreens, fresh herbs, beef borsch, sour cream, bread, milk, fruits
PM Snack Fruit and veggie smoothie (Vitamix)



Dinner Vegetables, microgreens, fresh herbs, rice with beef stroganoff in creamy sauce, milk, fruits

Vitamix





Ingredients:
1 ½ cups Water, Romaine Lettuce, 1 ½ cups Baby Spinach, Celery Stalk, Apple (cored, halved), Pear (cored, halved), Banana (peeled), ½ Lemon (juiced)

Directions
1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender at its lowest speed and quickly increase to its highest speed.
3. Blend for 35 to 40 seconds

Week 2

Monday



Breakfast Rice porridge, butter, berries, fruits, milk
AM Snack Apples, bananas, water
Lunch Vegetables, microgreens, fresh herbs, beef soup with barley, sour cream, milk, fruits, bread
PM Snack Fruit and veggie smoothie (Vitamix)
Dinner Vegetables, microgreens, fresh herbs, rice with creamy spinach sauce and baked salmon, milk, fruits

Tuesday



Breakfast cottage cheese casserole with berry glaze and sour cream, berries, milk
AM Snack grape, pear, strawberry water
Lunch Vegetables, microgreens, fresh herbs, creamy chicken soup with vegetables and rice, milk, fruits, bread
PM Snack Fresh fruits and yogurt
Dinner Vegetables, microgreens, fresh herbs, chicken with baked broccoli and carrots, milk, fruits

Wednesday

Breakfast Oatmeal with butter, honey, berries, milk
AM Snack apricots, pear, water



Lunch Vegetables, microgreens, fresh herbs, Borsh, sour cream, milk, fruits, bread
PM Snack Fruit and veggie smoothie (Vitamix)
Dinner Vegetables, microgreens, fresh herbs, pasta bolognese, milk, fruits

Thursday



Breakfast Raspberry banana pancakes, sour cream, berries, milk
AM Snack Apples, pear, melon, water
Lunch Vegetables, microgreens, fresh herbs, turkey meatball and vegetable soup, milk, fruits, bread
PM Snack Fresh fruit and vegetable smoothie (Vitamix)
Dinner Vegetables, microgreens, fresh herbs, buckwheat with turkey and beef patties, milk, fruits

Friday

Breakfast Milk rice porridge, berries, milk
AM Snack Apples, strawberries, water
Lunch Vegetables, microgreens, fresh herbs, chicken noodle soup, bread, milk, fruits, bread



PM Snack Fruit and veggie smoothie (Vitamix)
Dinner Vegetables, microgreens, fresh herbs, chicken with vegetables in creamy sauce, mashed potatoes with milk and butter, milk, fruits

Vitamix

Ingredients
1 cup Blueberries organic, 1/2 cup Mango, 2 cups Almond milk



Directions
1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender at its lowest speed and quickly increase to its highest speed.
3. Blend for 35 to 40 seconds or until desired