

# Veritas Basic Healing Diet



## Meal plan 2

	Breakfast	Lunch	Dinner	Night Prep for Later	Snacks for the week
<b>Sunday</b>	Breakfast Casserole	Green Salad	Baked Mustard Lime Chicken with Asparagus	Hard Boil Eggs & Bake Sandwich Bread	Brazil Nuts
<b>Monday</b>	Smoothie	Leftover Chicken & Salad	Baked Salmon & Roasted Veggies	Prep raw veggies for the week	Sunflower and/or Pumpkin Seeds
<b>Tuesday</b>	Blender Waffles	Egg Salad and Toast	Crock Pot Roast- reserve 1/2 meat for chili		Raw Veggies (cherry tomatoes, mushrooms, peppers) w/ guacamole
<b>Wednesday</b>	Avocado & Scrambled Eggs	Prosciutto and cheese with cherry tomatoes and pickles	Roasted Whole Chicken & Cauliflower Mash reserve chicken for tomorrow's salad	Chicken in the Crockpot-making stock overnight	Prosciutto & Cheese
<b>Thursday</b>	Leftover Waffles	Chicken Salad and Toast	Sausage and Zucchini Noodles	Move cooked beans into the fridge to thaw.	
<b>Friday</b>	Smoothie	Sweet Potato Hash with Fried Eggs	Chicken Fajitas		
<b>Saturday</b>	Leftover Fajita Omelet	Hot Dogs as the Bun with Sauerkraut & Romaine	Red Chili & "cornbread muffins"		