

# weekly meal planner

Week of _____	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Shopping List:			



**Sacred Space Healing Arts** [www.sacredspaceyogalander.com](http://www.sacredspaceyogalander.com)

# Recipes

## Basic Smoothie Recipe

1 c water  
1 c leafy greens (spinach, kale, chard, romaine)

## Add-ins:

1/2 inch ginger root  
1 apple, orange, or grapefruit  
juice of lemon/lime  
sliver fresh turmeric  
1 c frozen fresh/frozen fruit  
raw honey, stevia, agave, dates, or maple syrup to sweeten  
sprouts, celery, parsley, basil, avocado, etc.  
1 tsp coconut oil

## Jessica's Go-to Smoothie

1 c water  
2 c greens  
1/2 beet  
1/2 lime (minus most peeling)  
1 inch of ginger root and turmeric root  
1 tsp maca powder  
1/2 c coconut milk  
1 apple  
1 c frozen pineapple  
raw honey

## Chia Porridge

4 TBSP chia seeds  
handful of goji berries or raisins  
handful of nuts

Soak chia seeds, dried fruit, and nuts overnight in a pot on the stove with water (about 1 1/2 c water per 2 TBSP chia seeds). In the morning add 1/2 tsp cinnamon, 1/4 tsp vanilla extract, 1 tsp agave or maple syrup, and heat on low temp until warm.

## Basic Soup

Water and Rapunzel veggie bouillon cube (or bone broth)  
onions, garlic, leek, or other yummies for flavor  
veggies

\*Soup can be so simple if you are in a hurry — water, a Rapunzel veggie bouillon cube, and miso paste. If you have time, sauté some onions, carrots, and garlic in olive oil, throw in whatever veggies are in the fridge, broth, and simmer. Add in a touch of canned coconut milk for creaminess.



## Meal Ideas

### Breakfast

Green juice or green smoothie  
Fresh (seasonal) fruit  
Chia porridge  
Whole grain porridge

### Lunch

Roasted vegetables  
Green salad  
Vegetable wraps  
Whole grains, legumes, and animal protein used in lesser quantities

### Dinner

Green juice or green smoothie  
Green salad, marinated vegetable salad (slaw), roasted vegetable salad  
Vegetable soup

\*Eating fermented foods, like sauerkraut, with every meal aids digestion and builds healthier gut microbes.

## Healthy Eating Guidelines

- Only eat if you're hungry.
- When you eat, just eat.
- Eat a simple, nutritious breakfast.
- Only eat during daylight hours.
- Have a delicious, satisfying lunch (with fermented food, if possible) without distractions (and really notice the flavors).
- Drink water between meals.
- **>>>Eat an early, light dinner. <<<**
- Make a meal plan every week, and make time to prep for the week ahead.
- Ask your family/friends for help with your new habits.
- Eat with the seasons.

