

BRAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
Healthy shake with nut-butter, frozen banana, almond milk, coco. Add seeds of choice for kitniyot eaters (chia, hemp, flax, etc)	veggie sliced dipped in chummus or techina	Crustless quiche with spinach, mushrooms, and onions. 1/2 piece of whole grain matzah with quacamole spread (or Spanish rice for kitniyot eaters)	berries and greek or bio yogurt	Roasted chicken cooked with sweet potatoes and other veggies	cup of tea and 1-2 pieces of 85% + dark chocolate
NUTRIENT CONTENT:					
protein, fruit	protein, veggies	protein, veggies, whole grain	protein, fat, fruit	protein, veggies, carb	antioxidants