

# 4-DAY

## Shabbat & Holiday Menu

### DAY 1

#### BREAKFAST

BLUEBERRY QUINOA BREAKFAST BARS

#### SNACK

PROTEIN & FAT FIBER SMOOTHIE

#### LUNCH

SALMON PATTIES W/ SALAD SEEDS & TECHINA DRESSING

#### SNACK

2-3 HAZELNUT MOCHA ENERGY BITES

#### DINNER

VELVETY ZUCCHINI BASIL SOUP

ROASTED STRING BEANS & MUSHROOMS

OVEN BRISKET

SPANISH BROWN RICE

#### DESSERT

COCONUT FLOUR ZUCCHINI BARS BREAD

# 4-DAY

## Shabbat & Holiday Menu

### DAY 2

#### BREAKFAST

VEGGIE FRITTATA

VEGGIE BREAKFAST BURRITO

#### SNACK

2-3 PUMPKIN PROTEIN BALLS

#### LUNCH

AVOCADO EGG SALAD

MAPLE & POMEGRANATE ROASTED BRUSSELS SPROUTS

VEGETARIAN OPTION: HIGH PROTEIN LENTIL SOUP W/ ROASTED CHICKPEAS

PEAR & FETA SALAD

VEGETARIAN OPTION: ENCHILADAS VERDES W/ SPINACH

#### SNACK

VEGAN BEET HUMMUS

#### DINNER

MEDITERRANEAN BAKED WHITEFISH

QUINOA & CHICKPEA SALAD

SAUTÉED STRING BEANS

VEGETARIAN OPTION: BAKED TOFU SKEWERS

CAULIFLOWER MASHED POTATOES

#### DESSERT

HEALTHIER DATE SAMOA COOKIES

# 4-DAY

## Shabbat & Holiday Menu

### DAY 3

#### BREAKFAST

HIGH PROTEIN OVERNIGHT OATS

HIGH PROTEIN VEGGIE BREAKFAST CASSEROLE

#### SNACK

COTTAGE CHEESE W/ VEGGIE SLICES

#### LUNCH

ROASTED SALMON W/ ORANGE MUSTARD BUTTER

WHOLE ROASTED CAULIFLOWER

VEGETARIAN OPTION: VEGAN STUFFED BELL PEPPERS

LENTIL & CARROT SALAD

EASY QUINOA

#### SNACK

1-2 RICE CAKES W/ 1/2 SMASHED AVOCADO

#### DINNER

EASY CASHEW CHICKEN

GARLIC BROCCOLI

FRENCH- STYLE BRAISED LEEKS

BROWN RICE

VEGETARIAN OPTION: MUSHROOM WELLINGTON

#### DESSERT

YOGURT W/ DRIZZLE OF HONEY AND POMEGRANATE SEEDS

# 4-DAY

## Shabbat & Holiday Menu

### DAY 4

#### BREAKFAST

YOGURT W/ TOPPINGS

#### SNACK

HANDFUL OF FAVORITE NUTS & SEEDS

#### LUNCH

VEGETARIAN STUFFED ACORN SQUASH

BLACKBERRY CHICKEN SALAD

WHOLE ROASTED CHICKEN - OLIVE OIL

EASY SALAD

SWEET POTATO CASSEROLE

#### SNACK

SMALL BOWL OF HOMEMADE POPCORN

#### SMALL DINNER

LEFT-OVER SALAD WITH HARD BOILED EGG SLICES

#### DESSERT

PEANUT BUTTER CHICKPEA BLONDIES

FRESH FRUIT & TEA