

Clean Eating + Kosher

Meal Plan Week #1

By: Shulie Nadav Healthy Israeli Kosher Kitchen

Monday

- **Breakfast-** sauteed 1/2 red onion, 1 tomatoes, 1/2 pepper, 2 mushrooms in butter. After the vegetables softened, I scrambled in 3 eggs. With homemade garlic dill mayo (yum).
- **Lunch-** baked chicken breast and sauteed veggies I had in the freezer
- **Dinner-** I had baby leaf salad with tomatoes and pink lady apples steak salad with iceberg lettuce, grilled chicken breast, 2 pieces of potato kugel

Tuesday

- **Breakfast-** 3 hardboiled eggs, sauerkraut, Israeli salad eaten with cilantro lime mayo.
- **Lunch-** salmon, salad, beets, some dried fruit and almond butter
- **Dinner-** broccoli, beets and veggie chicken patties

Wednesday

- **Breakfast-** leftover eggs from Monday plus nutritional yeast and avocado
- **Lunch-** a can of tuna mixed with homemade mayo, broccoli and cauliflower, pineapple slices with almonds.
- **Dinner-** grilled chicken breast with buffalo mayo and broccoli and cauliflower.

Thursday

- **Breakfast-** zucchini, onion, mushrooms, spinach sauteed in ghee add in 3 eggs and scramble together eaten with 1/2 avocado
- **Lunch-** cabbage shakshuka with 2 soft eggs
- **Dinner-** spaghetti squash with a veggie chicken burger

Friday

- **Breakfast-** 3 egg omelet with grape tomatoes seed cracker and 1/2 avocado.
- **Lunch-** 3 egg omelet with cut vegetables
- **Shabbos Dinner-** 1 sip of wine, whole wheat sourdough bread 1 slice, pesto salmon, creamy vegetable soup, chicken and cooked vegetables. The vegetables were roasted mushrooms, squash, sweet potato, peppers, cauliflower rice, and steamed broccoli. Mango balls and macadamia nuts for dessert.