

Clean Eating + Kosher

Meal Plan Week #2

By: Shulie Nadav Healthy Israeli Kosher Kitchen

Sunday

- **Breakfast**- Banana Chia Pudding, Broccoli eggs
- **Lunch**- Salmon and salad
- **Dinner**- Root Vegetable Chulent

Thursday

- **Breakfast**- Roaring Red Eggs
- **Lunch**- 3 veggie turkey patties with a cucumber and carrot
- **Dinner**- chicken breast salad

Monday

- **Breakfast**- can of tuna and 2 carrots
- **Lunch**- 3 eggs and cucumber salad with sauerkraut and seed crackers
- **Dinner**- chicken salad

Friday

- **Breakfast**- cabbage scrambled eggs with cut tomato
- **Lunch**-cabbage scrambled eggs with sauerkraut
- **Shabbos Dinner**- 1 slice whole grain sourdough bread, spiced salmon, sinta, cauliflower rice, and broccoli

Tuesday

- **Breakfast**- Green Goodness Eggs
- **Lunch**- Lemon Pepper Tuna with green beans
- **Dinner**- Veggie potato soup with chicken

Wednesday

- **Breakfast**- 3 eggs cut veg
- **Lunch**- celery and grape chicken salad with cut veg
- **Dinner**-