

Week 2

Breakfast

- Stewed savory lentils with cumin and warming spices
- Avocado toast topped with arugula and poached eggs

Lunch

- Herbed bean salad with romaine lettuce or endives
- Chicken salad with celery, kohlrabi, cabbage and curry roasted sunflower seeds with a greek yogurt lime dressing

Dinner

- Ginger Beef mushroom stew with sweet potatoes
- Stir fried seasonal vegetables with snow peas and chickpeas