

## Week 3

### Breakfast

- Curry sweet potato and beet skillet with poached eggs
- Coconut chai spiced chia pudding

### Lunch

- Sprouted buckwheat salad with dried cranberries, almonds, fresh and pickled seasonal vegetables
- Bratwurst and spaghetti squash boats

### Dinner

- Chicken vegetable soup with shredded kale and yogurt sauce
- Cajun spice and lime shrimp stir fry