

## Meal Planner - Eat For the Mind

MEAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>  (A vital meal!)	Early Morning Potatoes Vol. 5 pg. 57 Scrambled Tofu or Veggie Omelet Vol. 5 pg. 59 & 56 wt tomatoes, peppers, etc.	oatmeal wt raisins molasses, soy milk ground flax and chopped walnuts banana	wholegrain pasta and tomato sauce cooked carrots Golden Nuggets Vol. 3 pg. 8	multigrain cereal molasses, soy milk Omega Bars Vol. 4 pg. 109 apple mango	mashed potatoes Cashew Gravy Vol. 6 pg. 119 corn veggie burgers, your choice ground flax and chopped walnuts	Granola Vol. 5 pg. 12 with 1/3 cup chopped walnuts soy milk fruit: mangos, grapes, oranges, etc.	Waffles Vol. 5 pg. 26-32 Strawberry Topping V. 5 p. 43 (use strawberries) Tofu Topping Vol. 5 pg. 45
<b>Sack Lunch</b>  (If needed. Use in place of Dinner)	N/A  (Silver Hills flax seed bread - HIGH fiber!)	almond butter & honey on whole grain bread with flax apple orange Omega Bars Vol. 4 pg. 109	peanut butter & jam sandwich on whole grain bread grapes banana Omega Bars Vol. 4 pg. 109	soy deli meat on whole grain bread with flax peppers carrots/broccoli Creamy Cashew Dip Vol. 4 pg. 105	Lemon Chiffon Pie Vol. 4 pg. 109 whole grain bread with Date Walnut Spread V. 7 p. 137 apple banana	Hummus Vol. 5 pg. 111 on whole grain bread with flax bell peppers broccoli Creamy Cashew Dip Vol. 4 pg. 105	N/A
<b>Dinner</b>  (before 3 pm)	Rice & Almond Casserole Vol. 3 pg. 104 Falafels Vol. 3. pg. 15 broccoli Creamy Cashew Dip Vol. 4 pg. 105	Baked Potatoes Vol. 3 pg. 78 Mushroom Sauce Vol. 3 pg. 139 carrots grated into a leafy green salad Italian Dressing made with canola oil Vol. 5 pg. 83	Cream of Potato Soup Vol. 5 pg. 73 leafy green salad Italian Dressing made with canola oil Vol. 5 pg. 83 Easy Buns Vol. 7 pg. 23	Pot Pie Vol. 6 pg. 69 carrot sticks broccoli Creamy Cashew Dip Vol. 4 pg. 105	Lemon Chiffon Pie Vol. 4 pg. 109 whole grain bread with Date Walnut Spread V. 7 p. 137 apple banana	Macaroni (whole grain) & Cheeze Vol. 3 pg. 62 leafy green salad sunflower seeds Italian Dressing made with canola oil Vol. 5 pg. 83	Lasagna Vol. 3 pg. 59-61 Garlic Rolls Vol. 7 pg. 27 ground flax and chopped walnuts on the salad
<b>Supper</b>  (Optional, do not eat if aiming to lose weight)	Popcorn fruit: figs, watermelon, grapes, or oranges.	Rice Pudding Vol. 1 pg. 23-25	multi-grain toast fruit: figs, watermelon, grapes, or oranges.	Barley Soup Vol. 5 pg. 63	Popcorn fruit: figs, watermelon, grapes, or oranges.	Pizza Buns	N/A

*This menu is optimized for plenty of omega 3, folate, tryptophan, vitamins & minerals (provide you eat the adequate serving amounts). It also includes foods high in melatonin each day.*

**REMEMBER:** Water: \_\_\_\_\_ oz per day; Exercise: 30-60 minutes, 4-6 times per week; Get 30 minutes of Sunshine or bright light per day; & Spiritual food.