

7 Day Menu Plan for **THE BETTER WAY COOKBOOK**

SUNDAY	BREAKFAST Fresh Fruit Whole Grain Waffles Oatmeal	DINNER Napa Cabbage & Carrot Salad Steamed Brown Rice Sweet & Sour Soy Chicken
MONDAY	BREAKFAST Fresh Fruits Quinoa w/ Apples, Dates, Walnuts Almond Milk	DINNER Napa Cabbage & Carrot Salad Spicy Thai Peanut Noodles
TUESDAY	BREAKFAST Fresh Fruits Millet Pudding Toast w/ Almond Butter	DINNER Spring Salad w/ Corn, Tomatoes, Olives Black Bean & Sweet Potato Enchilada Organic Tortilla Chips
WEDNESDAY	BREAKFAST Fresh Fruits Mango Peach Ginger Crisp Steamed Brown Rice Coconut Milk	DINNER Tossed Salad Baked Ziti Garlic Stir-Fried Kale
THURSDAY	BREAKFAST Fresh Fruits Scrambled Tofu Whole Grain Grits/ Polenta Sweet Potato Hash	DINNER Tossed Salad Millet Nut Loaf Mashed Potatoes Braised Brussel Sprouts
FRIDAY	BREAKFAST Fresh Fruits Pumpkin Muffins w/ Pecan Streusel Maple Sage Sausages Steel Cut Oats	DINNER Garden Salad Tofu Egg Salad Sandwiches Sweet Potato Wedges
SATURDAY	BREAKFAST Fresh Fruits Tropical Rice Bake Toast w/ Almond Butter	DINNER Garden Salad Spinach & Onion Quiche Potato Soup



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