

# 3 MEALS BREAKFAST. LUNCH. DINNER. 5 INGREDIENTS

## The Five Basics:

Onions | Celery | Carrots | Greens\* | Protein\*\*

\* Greens include spinach, chard varieties, kale varieties, collard, beet and mustard greens, etc.

\*\*Proteins include organic chicken, free range eggs, grass fed beef, and wild-caught fish

## Breakfast

### *Vegetable Saute:*

**Start with the five basics, other options include:**

Asparagus | Peppers | Zucchini | Broccoli | Brussels Sprouts | Cucumber

## Lunch

### *Hearty Salad:*

**Start with the five basics, other options include:**

Peppers | Cucumber | Sprouts | Tomato | Nuts / Seeds | Dried / Fresh Fruit | Goat Cheese

## Dinner

### *Asian Inspired Curry:*

**Start with the five basics, other additions include:**

Zucchini | Yellow Squash | Asparagus | Broccoli | Snow Peas | Bamboo Shoots | Water Chestnuts | Coconut Flakes | Nuts / Seeds

