



## Dr. Reeta's 7 Day Meal Plan

**7-DAY MEAL PLAN (MOSTLY VEGETARIAN)** All of these recipes can be found on [www.tasting-health.com](http://www.tasting-health.com) or visit our Facebook page for Tasting Health.

### Monday

B: Green Eggs with Toast/Avocado (TH)

L: Waldorf Salad (apple, Brussels sprouts, celery, walnuts in vinaigrette) (TH)

D: Crispy Chard Fritters with Zucchini Raita and Strawberry/Tomato Chutney

### Tuesday

B: Ricotta on Toast, berries and honey

L: Fritter Sandwich on English Muffin with arugula and chutney

D: Mixed vegetable Penang Curry with Basmati Rice; Cucumbers with rice wine vinegar(TH)

### Wednesday

B: Avocado Toast with Spicy Poached Egg

L: Canellini bean, arugula and red onion salad with Apple Cider Vinaigrette (TH)

D: Pasta with spinach, tomatoes and creamy chickpeas

### Thursday:

B: Plain Greek Yogurt with granola and berries/seasonal fruit

L: Ginger and Cumin scented carrot soup(TH)

D: Persian Fried Fish with Sautéed chard, basmati rice, sliced radish with lemon (TH)

### Friday

B: Omelette with tomatoes, onions, chilies and cilantro (Indian Railroad Omelette on TH)

L: Persian Nicosia Salad (Fish, olives, boiled potatoes, steamed green beans, Dijon vinaigrette (dressing on TH)

D: Spiced Lamb Chops with roasted sweet potatoes with pomegranate molasses (TH)

### Saturday

B: Ricotta Pancakes with Maple Syrup

L: Bruschetta with ricotta, pesto, smashed sweet potatoes and pepitas

D: Mushroom fried rice, herb salad with vinaigrette

### Sunday

B: Marscapone and jam stuffed French Toast, maple syrup

L: Rosemary & Walnut pasta with Parmesan

D: Lemon roasted Salmon with spicy summer squash (TH) **OR** Balti Spice Venison Loin; roasted acorn squash with Garam masala, Tuscan Kale with orange(TH)

