



Half Week

Breakfasts

- Blueberry Oat Pancakes
- Saffron Rice Pudding
- Coconut Quinoa Pudding with Roasted Pears

Snacks

- Cardamom shortbread
- Cranberry Surprise Pudding
- Mother's Guacamole and chapatis

Lunch/Dinner Meals

- Savory Parmesan Oats with Toasted Sunflower Seeds and Roasted Sweet Potatoes
- Moroccan Lamb Stew with Butternut Squash
- Spiced Lemon Fish Cakes with Dill on Rice

Soups/Broths

- Seaweed Soup
- Turmeric Ginger Chicken Broth

Drinks

- Hibiscus, ginger, cinnamon tea
- Pumpkin Chai Latte
- Tahini Milk



Full Week

Breakfasts

- Sweet Rice Congee with Stewed Apricots
- Toasted Oatmeal with Almond Butter and Dates
- Caramelized Fennel, Bacon, Butternut Squash Quiche

Lunch/Dinner

- Asparagus Kitchari
- Ginger Fried Rice
- Grounding Beef Stew
- Homemade Paneer with Curry Sauce and Veggies
- The Best Ramen
- Coconut Rice with slow Roasted Chicken and Curry Roasted Butternut

Soups/Broths

- Zucchini Almond Soup
- Herbal Shiitake Broth
- Creamy Carrot Ginger Soup

Snacks

- Roasted Spiced Nuts and Seeds
- Semolina Yogurt Cake
- Coconut and Fig Granola
- Whole Medjool Dates stuffed with Saffron Ricotta

Drinks

- Roasted Dandelion Chai
- Spiced Milk Tonic
- Warm Almond Date Smoothie
- Red Date and Goji Tea
- Spiced Ceremonial Cacao
- Almond Vitality Milk