

OVERVIEW OF A WEEK'S MENU

Here are some ideas for a week of wholefood meals. Busy people don't have time to prepare food following this plan, but it works well to simplify and eat leftovers. The key is to prepare at least one full meal a day. See snack section for something quick and easy.

Monday			
breakfast	lunch		Dinner
Steamed rye sourdough bread with coconut oil and hummus chickpea-tahini spread, with pickled vegetables	Brown rice with chopped almonds, baked fish with mirin, lemon/ lime and tamari; sautéed vegetables with green spring onion; salad with fresh sauerkraut sweetened with rice syrup		Quinoa with sauce made of coconut cream/milk with arrowroot/ kuzu; hot pot with chunks of fried marinated tempeh or chicken leftovers with root vegetables; steamed broccoli, olives, grated white radish with ginger juice
Tuesday			
breakfast	lunch		Dinner
Whole roasted oat porridge with coconut milk or oat milk, pumpkin seeds and hazelnuts and/or walnuts, pickled salt plum (umeboshi); soft-boiled egg; pickled vegetables	Quinoa leftover salad with dressing made of arrowroot/ kuzu and sesame spread (tahini); baked black beans or baked chicken with sweet-sour sauce; steamed carrots and sweet peas; salad with olives and pickled vegetables		Oven-warmed rice leftovers with tamari and mirin; vegetable miso soup with chickpeas, chopped parsley and green spring onions, and pickled salt plum (umeboshi); pickled vegetables
Wednesday			
breakfast	lunch		Dinner
Vegetable miso soup seasoned with miso/umeboshi, and leftover blackeye peas and wakame seaweed added;	Millet-pumpkin slice with sauce made of coconut cream/milk with arrowroot/ kuzu and mustard; fried fish filets with lemon		Steamed rye/spelt sourdough bread with coconut oil, chicken leftovers or lentil pate; steamed cauliflower with

brown rice leftovers as porridge with nuts and coconut cream/milk; salad with pickled vegetables	or lime and tamari; steamed kale with ginger and seeds; salad with umeboshi plum vinegar and pickled vegetables		leftover coconut cream/milk sauce, parsley; sauerkraut sweetened with rice syrup
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Thursday

breakfast	lunch		Dinner
Vegetable miso soup with quinoa and black bean leftovers, seaweed (wakame), miso, chopped parsley or green spring onion; cucumber salad with pickled vegetables and salt plum (umeboshi)	Brown rice and wild rice salad; baked adzuki beans with tamari, mustard and rice syrup; sweet potato or kohlrabi chips; steamed broccoli with coconut-tahini sauce ; salad with pressed radish and pickled vegetables		Steamed spelt/rye sourdough bread with coconut oil, omelette with onions, olives and chopped green spring onions, pickled vegetables

Friday

breakfast	lunch		Dinner
Split pea miso soup with vegetables and seaweed; brown rice leftover porridge with coconut oil and seeds or nuts and umeboshi; pressed radishes and pickled vegetables	Buckwheat noodle salad (soba) with chickpea sauce with tahini, seaweed, garlic, umeboshi, parsley; sauteed vegetables, steamed vegetables (carrots, cabbage), salad with mustard; pickled vegetables		Mushroom-leek frittata; brown rice with sesame salt; olives and fermented vegetables

Saturday

breakfast	lunch		Dinner
Buckwheat pancakes made with coconut cream/milk and egg; rice syrup, nut butter or blueberry sauce added on plate;	Brown rice cooked with dried chestnuts, garnished with roasted sesame seeds; thick lentil soup with vegetables and green spring onions;		Steamed rye or spelt sourdough bread; coconut oil; fried black bean patties or lemon-dill fish cakes with egg, onions and parsley; olives and

pickled vegetables	baked pumpkin with tamari and pumpkin seeds; steamed curly savoy cabbage or bok choy; salad with pickled vegetables		fermented vegetables
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Sunday			
breakfast	lunch		Dinner
French toast made with coconut cream/milk and egg; rice syrup or maple syrup, nut butter or blueberry sauce; pickled vegetables	Rice-bean leftover patties with shiitake mushroom sauce; baked zucchini and carrots; olives, salad with sauerkraut and pickled vegetables		Rye crisp bread with coconut oil; canned salmon or sardines mixed with chopped cucumber, parsley and lemon or lime, finely chopped celery stock and pickled vegetables

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