

## Follicular Phase Menu Plan

Phase I	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Maca Green Lentil Dal with Quinoa	Fermented Green Smoothie	Your Choice	Fruit Granola Yogurt Parfait	Power Protein Smoothie	Steel Cut Oats with Strawberries	Baked Veggie Frittata, Flaxseed Crackers
<b>Snack</b>	Blueberries with Yogurt	Natural Corn Tortilla Chips with Fermented Salsa	Homemade Popcorn with Coconut Oil & Sea Salt	Orange	Mixed Berries	Kombucha Pear Smoothie,	Vegetables with Apple Sauerkraut Chutney
<b>Lunch</b>	Your Choice	Leftover Sweet Potato & Cauliflower Stew	Lemon Poached Chicken with Veggies	Leftover Yukon Gold Potato & Lentil Soup, Flaxseed Crackers	Purple Kale Salad with Spicy Veggie Pita	Mixed Green Salad with Toast & Nut Butter	Crab and Avocado Salad
<b>Snack</b>	Cashews	Berries	Apple	Fermented Chocolate Treat	Hot Chocolate Maca Drink	Almonds	Grapefruit

<b>Dinner</b>	Sweet Potato & Cauliflower Stew, Green Salad	Baked Fish with Tomatoes & Broccoli, Brown Rice	Rosemary Yukon Gold Potato & Lentil Soup, Flaxseed Crackers	Baked Thai Beef with Veggies	Chicken in Miso Marinade	Your Choice	Pasta Fagioli with Turkey Sausage
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