

Menstrual Phase Menu Plan

Phase IV	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Broccoli Spinach Omelette	Fruit Energy Smoothie	Chia Pudding	Pineapple Green Smoothie	Nutty Cocoa Protein Bars	Your Choice	Whole Grain French Toast, Strawberries
Snack	Raw Almonds	Cherry Corn Muffins	Kombucha	Leftover Potato Salad	Yogurt & Banana	Raw Almonds	Kombucha
Lunch	Your Choice	Chickpea Dip with Pita Chips	Curried Coconut Soup, Potato Salad with Tahini	Tuna Salad Wrap	Leftover Grilled Chicken, Mushroom Miso Soup	Leftover Seafood Paella	Leftover Quinoa Veggie Bowl
Snack	Fruit Salad	Cashews	Veggies with Leftover Chickpea Dip	Apple	Grapefruit	Berries	Orange

Dinner	Turkey Sausage, Asparagus & Tomato Kimchi Chutney	Pan-Grilled Salmon with Pineapple Salsa, Steamed Kale & Carrots	Your Choice	Tandoori Grilled Chicken with Roasted Root Vegetables	Mediterranean Seafood Paella	Lime Garlic White Fish, Quinoa Veggie Bowl	Sweet Potato Chili with 1/4 cup Sauerkraut, Green Salad
---------------	---	---	-------------	---	------------------------------	--	---