

# HEALTHY QUARANTINE MEAL PLAN

## ANCESTRAL NUTRITION

### MONDAY

B: collagen beauty smoothie

L: salad w/ spinach, chicken, tomatoes, onion, cucumber, olives, feta and olive oil

D: salmon with green beans and roasted potatoes

### TUESDAY

B: scrambled eggs, organic sausage and arugula salad

L: salad w/ canned salmon, red onion, tomatoes, cucumbers, olive oil

D: grain-free enchiladas

### WEDNESDAY

B: detoxifying green smoothie w/ eggs & greens

L: taco salad w/ ground beef, romaine, pico de gallo, avocado & olive oil

D: chicken with rice penne, tomatoes, onions, spinach, bell peppers and basil

### THURSDAY

B: banana pancakes (2-3 eggs, half banana, cooked in butter or coconut oil)

L: Thai Chicken-Broccoli Wraps

D: egg roll in a bowl

### FRIDAY

B: scrambled eggs with organic sausage

L: greek chicken salad w/ olive oil

D: honey sriracha chicken with broccoli

### SATURDAY

B: smoothie with collagen protein & Swiss cheese omelet

L: Penne with Feta and Sun-Dried Tomatoes

D: ground beef & veggie bowl

### SUNDAY

B: collagen smoothie w/ avocado, blueberries, kale

L: taco salad

D: grass-fed steak with mashed potatoes and asparagus