

NOVEMBER 2020 MENU

Wholesome Generation Menu
***peanut, gluten free & organic | local produce when available**

Raw, Vegetarian or Vegan Options Daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mixed Veggie (Broccoli, Carrots, Squash, Zucchini, Kale, Celery) + Lentil Stir Fry with Cabbage-Apple-Coleslaw + brown coconut infused rice + fresh seasonal fruit. Snack AM: Fresh Fruit Snack PM: Oatmeals w/ fruits and raw honey.	Veggie + Quinoa/Lentil Stew w/ seasonal veggies, curried, and mixed green salad (bell pepper, tomatoes, cucumbers) w/ seasonal fruit and toasted GF bread (sub raw crackers/siete tortilla chips). Snack AM: Fresh Fruit Snack PM: Hemp Mylk Smoothies w/ Vegan protein.	Rice + Bean THRIVE Burgers w/ german Potato Salad (potatoes, cucumbers, onions, veggie broth, acv, etc) w/ fresh seasonal fruit Snack AM: Dried Fruits (mixed) Snack PM: Chia pudding with fruit + raw honey.	Roasted Potatoes w/ mixed veggies (broccoli, corn, other) + cheesy sauce (nutritional yeast, caramalized onions + coconut mylk) w/ mixed green salad + beets + fresh seasonal Fruits Snack Am: Seasonal Fruit Snack Pm: Oatmeal w/ fruits and raw honey.	Vegan Sugo with mixed Veggies + Tomato (Cauliflower/Lentil/other seasonal veggies) with mixed green salad + local beets + fresh fruits. Snack Am: Seasonal Fruit Snack Pm: Popcorn Party!	
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FULL MOON ECLIPSE

Mixed Veggie (Broccoli, Carrots, Squash, Zucchini, Kale, Celery) + Lentil Stir Fry with Cabbage-Apple-Coleslaw + brown coconut infused rice + fresh seasonal fruit.
Snack AM: Fresh Fruit
Snack PM: Oatmeals w/ fruits and raw honey.