

AMAZING THREE-MONTH MENU OF MEALS

MONTH 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	sweet potatoes	sweet potatoes	sweet potatoes	sweet potatoes	sweet peas	sweet peas	sweet peas
WEEK 2	bananas	bananas	bananas	butternut squash	butternut squash	butternut squash	butternut squash
WEEK 3	apples	apples	apples	rice cereal + bananas	rice cereal + sweet peas	rice cereal + butternut squash	rice cereal + apples
WEEK 4	¹ avocados	avocados	avocados	parsnips	parsnips	parsnips	parsnips + rice cereal
	² sweet potatoes + apples	sweet peas + rice cereal	butternut squash + rice cereal	bananas + rice cereal	avocados	sweet peas + rice cereal	butternut squash + apples

Italicized foods indicate foods being introduced as a new food, following the principle of one at a time, then combine. Each instance of a whole food appearing on the menu indicates one frozen puree cube of that individual whole food. The numbers at the top left-hand corners indicate which meal is to be eaten: 1 = breakfast, 2 = lunch, 3 = dinner.

MONTH 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 5	1 pears	pears	pears	mangoes	mangoes	mangoes	mangoes
	2 avocados	butternut squash + bananas	parsnips + apples	avocados	sweet peas + rice cereal	sweet potatoes + pears	parsnips + rice cereal
WEEK 6	1 broccoli	broccoli + rice cereal	broccoli + rice cereal	broccoli + rice cereal	cherries	cherries	cherries + rice cereal
	2 butternut squash + rice cereal	parsnips + bananas	mangoes + avocados	sweet potatoes + bananas	sweet peas + rice cereal	broccoli + apples	parsnips + pears
WEEK 7	1 oat cereal + bananas	oat cereal + pears	oat cereal + cherries	kale + bananas	kale + apples	kale + sweet potatoes	kale + pears
	2 sweet potatoes + pears	mangoes + cherries	parsnips + apples	broccoli + pears	avocados + mangoes	butternut squash + cherries	mangoes + oat cereal
WEEK 8	1 black beans + rice cereal	black beans + rice cereal	black beans + rice cereal	prunes + oat cereal	prunes + oat cereal	prunes + rice cereal	prunes + rice cereal
	2 avocados + mangoes	sweet peas + sweet potatoes	broccoli + pears	butternut squash + cherries	kale + bananas	sweet potatoes + black beans	parsnips + bananas

MONTH 3							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 9	1 yogurt + bananas	yogurt + mangoes	yogurt + pears	yogurt + prunes	carrots + rice cereal	carrots + kale	carrots + black beans
	2 broccoli + pears	sweet peas + parsnips	kale + prunes	bananas + cherries	broccoli + prunes	cherries + yogurt	prunes + yogurt
	3 butternut squash + kale	avocados + black beans	sweet peas + butternut squash	parsnips + pears	kale + sweet potatoes	broccoli + parsnips	sweet potatoes + sweet peas
WEEK 10	1 peaches + oat cereal	peaches + oat cereal	peaches + oat cereal	haricots verts + rice cereal	haricots verts + rice cereal	haricots verts + rice cereal	haricots verts + carrots
	2 cherries + yogurt	prunes + yogurt	carrots + black beans + apples	cherries + oat cereal + yogurt	carrots + sweet peas	prunes + oat cereal + yogurt	black beans + rice cereal + apples
	3 sweet peas + carrots + rice cereal	kale + carrots + black beans	broccoli + prunes + rice cereal	carrots + broccoli + rice cereal	avocados + mangoes + black beans	kale + butternut squash + rice cereal	peaches + cherries + oat cereal
WEEK 11	1 blueberries + oat cereal	blueberries + oat cereal	blueberries + peaches	red lentils + rice cereal	red lentils + broccoli	red lentils + butternut squash	red lentils + sweet potatoes
	2 haricots verts + peaches + rice cereal	parsnips + prunes + rice cereal	haricots verts + carrots + bananas	peaches + blueberries + yogurt	blueberries + peaches + yogurt	sweet peas + carrots + rice cereal	parsnips + haricots verts + rice cereal
	3 kale + sweet potatoes + black beans	haricots verts + peaches + rice cereal	avocados + mangoes + black beans	broccoli + haricots verts + pears	haricots verts + apples + rice cereal	kale + apples + haricots verts	avocados + mangoes + black beans
WEEK 12	1 quinoa cereal + cherries + blueberries	quinoa cereal + peaches + cherries	quinoa cereal + prunes	flaxseed + blueberries + oat cereal	flaxseed + blueberries + yogurt	flaxseed + blueberries + oat cereal	flaxseed + prunes + oat cereal
	2 blueberries + peaches + yogurt	pears + blueberries + yogurt	blueberries + yogurt + oat cereal	cherries + peaches + oat cereal	peaches + blueberries + oat cereal	peaches + blueberries + oat cereal	peaches + blueberries + yogurt
	3 avocados + mangoes + black beans	kale + carrots + apples + haricots verts	broccoli + prunes + rice cereal	haricots verts + carrots + quinoa cereal	kale + carrots + red lentils + haricots verts	haricots verts + carrots + quinoa cereal	avocados + mangoes + black beans