

## HFR FOOD JOURNAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	soy latte   toasted Ezekiel english muffin (sprouted whole grain) with peanut butter and sliced banana (V)	small soy latte (organic/unsweetened)   muesli (no sugar added) with yogurt (whole milk/grass-fed) and toasted pecans	soy latte amaranth porridge with tahini and apricot fruit spread (V)	espresso   amaranth porridge with yogurt, flax-meal and honey	soy latte   toasted Ezekiel english muffin with pecan butter (V)	black coffee   muesli with whole milk (unhomogenized/ grass-fed), flax meal, banana, tsp honey and toasted pecans	black coffee   muesli with whole milk (unhomogenized/ grass-fed) and 1/2 banana
LUNCH	steamed kale, 1/2 baked sweet potato, 2 fried eggs	BPC's green juice   jasmine rice with purple cabbage (sautéed with ghee, cumin, coriander, turmeric, ginger, salt and pepper) and steamed sweet potato	escarole, grapefruit, avocado, celery salad with pepitas   two figs with almond butter   kukicha tea (V)	left over brussels and carrots   cooked sprouted mung beans   kukicha tea	BPC's green juice mung beans drizzled with olive oil, salt and pepper coconut milk spiced with cinnamon, nutmeg and cardamom (V)	BPC's green juice out to lunch: 1 glass chardonnay   melted raclette salad with boston lettuce, dried ham, cornichon and pickled red onion   several bites of a duck confit club sandwich   espresso	out to lunch: bloody mary   butternut squash soup and turkey club on whole wheat toast   coffee
DINNER	jasmine rice with purple cabbage (sautéed with ghee, cumin, coriander, turmeric, ginger, salt and pepper) and other 1/2 baked sweet potato	quinoa, fennel and pomegranate salad   mung beans with meyer lemon dressing and toasted almonds   steamed escarole drizzled with olive oil, salt and pepper   a couple squares of dark chocolate (77%) with a dollop of natural peanut butter   yerba mate tea (V)	toasted Ezekiel english muffin with raw milk cheddar   two fried eggs   roasted brussels sprouts/ carrots sautéed with ghee and dill   Siggi's coconut yogurt	out to dinner: small piece of cornbread   1 glass syrah   4 fried oysters   10oz. grilled, all-natural pork chop with smoked tomato ragu, sweet corn pudding and okra	organic ale   homemade chicken and wild rice soup (added the last of the left over mung beans)   4 Ak-Mak whole-wheat crackers   2 figs with almond butter	2 glasses meursault   whole wheat spaghetti with meyer lemon, arugula and pistachios   handful of raspberries (V)	Turmeric Alive's Coconut Nectar   other 1/2 banana w/ 1tbs peanut butter   shiitake mushrooms, bok choy and scallion sautéed with ginger and garlic in olive oil, brown rice, spicy peanut sauce, sesame baked tofu (V)
NOTES	I like to start the week off clean; a sort of cleanse from the weekend (over which I eat what I want). 100% whole foods day.	Dinner left over from last night made lunch for today. 100% whole foods day.	100% whole foods day.	After 3.5 full days of eating well, I splurged at dinnertime with a fried appetizer, a drink and my decadent dinner. It's exactly what I wanted and well deserved after a few days of eating 100% whole foods.	After a big dinner out, I had a lean day, filled with whole foods.	I splurged at lunch and although I had a lean dinner, 2 glasses of wine (3 total for the day) was another splurge.	Rounded out lunch with a whole foods dinner. No dessert, because I drank it at lunch.

(V) Vegan

100% whole foods day – Though they are not actually whole foods, I consider sprouted/whole-grain bread and organic/grass-fed/pastured dairy suitable for this label.