

eg kitchen

Summer Menu 2022

Day	Day 1	Day 2	Day 3	Day 4	Day 5
Morning	Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic
Mid-Morning	Super Seed Bar	Super Seed Bar	Super Seed Bar	Super Seed Bar	Super Seed Bar
Noon	Summer Roasted Root Vegetable Salad	Greek Pumfu Salad	Asian Slaw with Edamame	Asparagus, Snap Pea & Beet Salad	Kale Slaw with White Bean Salad
Afternoon	Broth with Collagen	Broth with Collagen	Broth with Collagen	Broth with Collagen	Broth with Collagen
Late-Afternoon	Pickled Vegetables	Pickled Vegetables	Pickled Vegetables	Pickled Vegetables	Pickled Vegetables
Evening	Vegan Posole	Broccoli Soup	Creamy Dandelion Soup	Chunky Zucchini Soup	Watercress & Butternut Squash Soup
Night	Hibiscus Lemograss Tea	Chamomile Chai Tea	Hibiscus Lemograss Tea	Chamomile Chai Tea	Hibiscus Lemograss Tea