

Weekly Capsule Menu (WINTER)



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	steel oats (water only), 1 egg, hot water w/lemon	steel oats (water only), 1 egg, hot water w/lemon	steel oats (water only), 1 egg, hot water w/lemon	steel oats (water only), 1 egg, hot water w/lemon	steel oats (water only), 1 egg, hot water w/lemon	steel oats (with heavy cream), 1 egg, hot water w/lemon	Croissant, 1 fried egg, steel oats & black tea
S	fruit: persimmon/pear	fruit: kiwi or mandarin oranges	fruit: kiwi or mandarin oranges	fruit: persimmon/pear	fruit: leftover fruit	almonds (roasted, no salt) & raisins	No need, as breakfast is usually later in the morning
L	1 chicken tender cooked, spinach salad w/vinaigrette	(leftovers): Spaghetti & Scallops	(leftovers): Pan-fried & seasoned chicken with salt and pepper, paired with roasted Brussel sprouts & forbidden rice.	(leftovers): French Onion Soup	1 chicken tender cooked, spinach salad w/vinaigrette	dining out or leftovers	(leftovers) Salmon en Papillote
S	almonds & raisins	1/2 apple, almonds, cheese, tea	1/2 apple, almonds, cheese, tea	carrots & raisins	raisins, almonds, cheese, tea	Roasted filberts	carrots & raisins
D	Pan Seared Sea Scallops with lemon butter caper sauce with spaghetti	Tenderized chicken tenders pan-fried & seasoned with salt and pepper, paired with roasted Brussels sprouts & forbidden rice.	French Onion Soup	Roasted sweet potato arugula salad and topped with chicken (tenderized and pan-fried).	Salmon en Papillote	left-overs or dining out Chocolate Almond Praline Cookies	Mushroom, Thyme & Leek Galette Pear & Almond Tart

~Find all of the recipes on the blog: <https://www.thesimplyluxuriouslife.com/category/recipes/>