

Morning Snack:

- Wild Blueberry Rice Pudding
 - <https://www.lizmoody.com/how-to-make-healthy-rice-pudding/>
 - Add hemp and almond butter, cinnamon, ginger and granola
- Breakfast Sausage Muffins
 - <https://www.tasteofhome.com/recipes/on-the-go-breakfast-muffins/>
 - Add sage and spinach
- Gingerbread energy bites
 - <https://www.sarahremmer.com/gingerbread-energy-bites/>
 - Using vanilla almond butter, and chia seeds
- Cheesy Herb muffins
 - <http://www.mennonitegirlscancook.ca/2013/10/savoury-cheese-and-herb-muffins.html>
 - I also add fresh basil
- Pomegranate Blueberry parfaits
 - <https://theliveinkitchen.com/blueberry-pomegranate-breakfast-parfait/>
 - I am adding chia and hemp seeds, vanilla almond butter and using oikos protein vanilla bean greek yogurt

Lunch:

- Restorative Ginger and Turmeric Noodle soup
 - <https://www.foodandwine.com/recipes/restorative-ginger-and-turmeric-noodle-soup>
 - Instead of swiss chard, sub baby bok choy or regular bok choy
- Chicken Congee
 - <https://omnivorescookbook.com/chicken-congee/>
- Yellow Lentil Dal
 - <https://www.ambitiouskitchen.com/dal-recipe/>
- Tomato Orzo Soup
 - <https://www.ambitiouskitchen.com/tomato-orzo-soup/>
- Kale Farro Salad
 - <https://www.lucismorsels.com/kale-farro-salad-recipe/>
 - Using chopped kale, golden raisins, goat cheese or feta, adding seeds of change garlic rice and quinoa

Afternoon snack:

- Cheese sticks, apples and crackers
- Carrots, hummus and pretzels
- Pomegranate fruit salad with chia and hemp seeds:
 - Pomegranate
 - apples
 - Kiwi
 - Blueberries
 - Chia seeds
 - Hemp seeds
- Winter trail mix:
 - Dried cranberries: 1/2 cup
 - Dried apple chips: 1/2 cup (break into smaller pieces if needed)
 - Roasted pumpkin seeds (pepitas): 1/4 cup
 - Almonds: 1/4 cup
 - Mini pretzels or pretzel sticks: 1/2 cup
 - Unsweetened shredded coconut: 1/4 cup (for a "snowy" look)
 - Roasted chickpeas with cinnamon