



Little Erth Plan

NON VEGAN

Sunday

- Zesty Spaghetti with side of Sundried Tomatoes and Raw Crackers
- Raw Carrot Cake
- Mloukhiyeh with Brown Rice

Monday

- Yoga Bowl with Carrot Mint Soup
- Chia Pudding with Fruits (contain nuts)
- Miso Salmon Fillet with Side of Avocado Salad

Tuesday

- Tabouleh Salad with Lentil Celery Soup
- 4 Rose Bliss Balls (raw - contains nuts)
- Veggie Tofu Noodles (contain nuts)

Wednesday

- Tuna Tartine and Side Cabbage Mango Salad (contains Nuts)
- Matcha Muse (contains Nuts)
- Stuffed Cabbage with Side Fattoush Salad

Thursday

- Pea Mint Soup with Summer Rolls (contains Nuts)
- Nibble Box with Beetroot Hummus
- Butternut Squash Stew with Quinoa

Week 1

**TO REGISTER, CALL
055-354-1667**