Sample menu for week:

Add-ons:

* Savory:
  + Pesto (tags: food processor, raw, no cooking)
    - fresh herbs
    - any nut or starch
    - any zippy thing (garlic, ginger, lemon juice or zest)
    - fatty liquid (olive oil, coconut oil)
    - binders can be combination of:
      * cheese
      * nuts
      * starch
        + potatoes
        + bread crumbs even
  + hummus (tags: food processor, raw, no cooking)
    - beans (chick peas, black beans)
    - garlic
    - fatty oil
    - acid
    - spices – paprika, zatar, cumin
  + salad dressings (tags: raw, no cooking)
    - fat:
      * oil (olive, coconut, avocado)
    - acid:
      * lemon juice
      * vinegar (apple cider, balsamic)
      * feta cheese brine
      * pickle brine
    - flavor:
      * grated garlic
      * grated ginger
      * dried herbs
      * pomegranate molasses
      * s+p
      * spices/dried herbs
        + red chili flake
        + herbs de provence
        + thyme, basil, oregano, zatar, etc
  + yogurt sauces (tags: raw, no cooking)
    - yogurt, sour cream or a liquid cheese
    - lemon juice
    - dill
    - grated garlic
* Sweet:
  + Fruit compote - Take any fruits you like and simmer them with some water and spices!
    - Good fruits to use include:
      * Apple
      * Pear
      * Grape
      * Plum
      * Cherries
    - Spices/flavorings:
      * Cinnamon
      * Nutmeg
      * Clove
      * Vanilla extract
      * Almond extract
      * Maple syrup
      * Honey
      * Pomegranate molasses
* Miscellany
  + roasted, flavored nuts
    - dried fruit
      * cranberries, raisins, cut up prunes or dates

Add-tos:

The components:

* Buying your ingredients
* Planning your components
* Prepping your ingredients
* For the fridge
* Creating the food item
  + In the oven
  + On the stove
  + Raw

Sample menus:

Breakfasts:

* oatmeal
  + eggs, pesto
  + fruit compote
  + peanut butter and honey

Snacks:

* yogurt
  + fruit compote topping
  + nuts
* cut up raw vegetables
  + hummus
  + peanut butter

For the pantry/fridge:

* eggs
* peanut butter
* nut mix
* honey