

🌿 *Your Weekly Healing Meal Plan* 🌀 *Simple, clean, and designed for gut healing + weight loss*

📅 **MONDAY** (Light Start) ⌚ 11am–7pm 🍴 *Breakfast (11am):* • Bone Broth + 2 Boiled Eggs + Avocado • *or* Avo Mash with Ghee Eggs + Kraut

🍽️ *Dinner (6pm):* • Chicken Thighs + Steamed Broccoli + Ghee • *or* Chicken & Zucchini Soup 📖 1 Cor 10:31

📅 **TUESDAY** (Gut Healing) ⌚ 11am–7pm 🍴 *Breakfast (11am):* • Beef Mince + Butternut Mash + Kraut • *or* Butternut Scramble with Herbs

🍽️ *Dinner (6pm):* • Beef Patties + Sautéed Spinach + Carrots • *or* One-Pan Beef & Veg Bowl 📖 Prov 16:24

📅 **WEDNESDAY** (Workout Fuel) ⌚ 11am–7pm 🍴 *Breakfast (11am):* • Scrambled Eggs + Cucumber + Broth • *or* Soft-Boiled Eggs + Zucchini + Kraut

🍽️ *Dinner (6pm):* • Chicken Drumsticks + Roasted Pumpkin + Kraut • *or* Chicken Stir-Fry Bowl 📖 1 Cor 9:27

📅 **THURSDAY** (Fast Day) ⌚ 24h Fast (6pm Wed → 6pm Thu) 💧 *During Day:* • Water + Salt • Herbal Tea • Optional: ½ cup broth if needed

🍽️ *Break Fast (6pm):* • Butternut & Broth Soup + Egg • *or* Light Broccoli & Zucchini Soup 📖 Isaiah 58:6

📅 **FRIDAY** (Gentle Re-entry) ⌚ 12pm–6pm 🍴 *Lunch (12pm):* • Broth + Soft Carrots + Boiled Egg • *or* Poached Fish + Steamed Spinach

🍽️ *Dinner (5:30pm):* • Egg Drop Veggie Soup • *or* Light Plate: Cucumber, Eggs, Kraut 📖 Psalm 34:8

📅 **SATURDAY** (Celebration) ⌚ 11am–7pm 🍴 *Breakfast (11am):* • Fried Eggs in Ghee + Kraut + Avocado • *or* Sweet Potato Mash + Egg + Spinach

🍽️ *Dinner (6pm):* • Roast Chicken + Baked Squash + Salad • *or* Chicken & Veg Skillet Bowl 📖 Nehemiah 8:10

📅 **SUNDAY** (Sabbath Rest) ⌚ 10am–6pm 🍴 *Breakfast (10am):* • 3 Eggs + Cooked Greens + Broth • *or* Avocado + Soft Eggs + Butternut Mash

🍽️ *Dinner (5:30pm):* • Slow-Cooked Beef Roast + Peas + Avo Salad • *or* Leftover Chicken + Steamed Veg Bowl 📖 Isaiah 30:15

💡 *Tips for Success:* • Prep broth and butternut ahead • Keep kraut and eggs stocked • Use leftovers wisely • Stay hydrated (5L water daily) • Listen to your body

♥️ *Let's honor God with our bodies, one meal at a time.* Would you like: • A shopping list for the week? • Printable fridge version? • Individual day recipes?