



Jessa Greenfield's Food Log

Aug 9th

eggs and bacon

large green salad

Coconut water, nuts and carrots

grilled fish tacos

Aug. 10th

Panacau for breakfast

Kiefer smoothie, egg salad made with avocado, sprouted grain chips

nuts, snow peas and Kombucha

Aug 11

Soft boiled egg and glass of kiefer

Spinach salad with sardines, sprouts, nuts, cheese

Hot dogs (not my favorite, kid's request)

Aug 12

Scrambled eggs

Spinach feta and tomato quesadilla sprouted tortilla

Kombucha, sugar snap peas, nuts

Beer can Chicken, black bean salad, green salad

Almond butter roll up.

Aug 13

Green smoothie

Spinach salad with anchovies

brats with turnip kraut, zucchini and summer squash salad.

Aug 14

Scrambled eggs, kefir smoothie

Garden salad

Steak sweet potato fries, salad, green beans

Cake pop (mother in law's b-day)

Aug 15

Coddled eggs

Kiefer smoothie

Veggie wrap with hummus

Late summer veggie soup and salad with sardines

Aug 16

Soft boiled egg and kefir smoothie

rice cake with almond butter and raisins

Left over soup

Peach

Pita with Falafel and yogurt tzatziki sauce

Aug 17

Soft boiled egg Kiefer smoothie

Cherries

Green salad with sardines

Rice cake with almond butter and raisins

Left over falafel and pita

Aug 18

Locks and bagel

Left over summer soup

Pickled summer squash and onions

Braised lamb shank with green beans and potatoes

Aug 19

Sprouted quinoa muesli

Kiefer smoothie

Large garden salad with Sardines

Rice cake with almond butter.

Baked asian style chicken, with salad and potatoes

Aug 20

Soft boiled egg Kiefer smoothie

quesadilla and watermelon, picked green tomatoes

Pork Ribs, Purple cabbage slaw, Cherry scone

Aug 21

Sprouted Quinoa Muesli

Hard boiled egg rice cake with almond butter

Spinach Greek Salad, Fried potato cake (left over mash potatoes), Sardine

Kiefer Smoothie

Polenta with mushroom Rogue and poached egg