

ADVANCED VEGETARIAN CULINARY PLANNING

WEEK OF:

SEASONAL FOCUS:

PROTEIN TARGET:

DAY	BREAKFAST & FERMENTS	MID-DAY COMPOSITION	MAIN CULINARY EVENT	MACRO/MICRONUTRIENT NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

DAY	BREAKFAST & FERMENTS	MID-DAY COMPOSITION	MAIN CULINARY EVENT	MACRO/MICRONUTRIENT NOTES
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SATURDAY

SUNDAY

ADVANCED PREP & SOAKING SCHEDULE

FLAVOR PROFILES & HERB INTEGRATION