

Rachel's Menu

BREAKFAST

Casava and coconut flour wrap (link listed below) with half an avocado, two duck egg yolks, cucumber and alfalfa sprouts. Fresh raspberries on the side.

LUNCH

Huge bowl of red leaf lettuce, with sauteed wild shrimp in butter, garlic, and basil, with half an avocado and wild blueberries. Olive oil and balsamic on top.

DINNER

Duck breast with salt and pepper
Roasted sweet potato (used duck fat to coat)
Steamed green beans with Olive oil and balsamic

SNACK

blackberries outside my house when I walked my client out the door. Yum! And she stood there and snacked for a while :-)
Also, Lydia's Sprouted Ginger Nori Crackers with Pasture Raised Butter