

# Low Oxalate Kitchen

## Sample Weekly Meal Plan

|                  | <u>Monday</u>                                 | <u>Tuesday</u>  | <u>Wednesday</u>                               | <u>Thursday</u>  | <u>Friday</u>                          | <u>Saturday</u>   | <u>Sunday</u>                                      |
|------------------|---|---|--|--|--|---|--|
| <b>Breakfast</b> | Omelette <sup>1</sup>                         | Smoothie <sup>2</sup>   | Breakfast Burrito Bowl <sup>3</sup>            | Bacon, Spaghetti Squash with Ricotta Cheese <sup>4</sup> | Smoothie                               | Omelette  | Yogurt with Fresh Blueberries, Mango, Strawberries |
| <b>Lunch</b>     | Low Oxalate Black-Eyed Pea Burger*, Cole Slaw | Pasta Salad <sup>5</sup>  | Chicken or Shrimp Caesar Salad                 | Low Oxalate Black-Eyed Pea Burger, Cole Slaw             | Lunch Burrito Bowl <sup>6</sup>        | Pasta Salad   | Chicken or Tuna Salad Wrap <sup>7</sup>            |
| <b>Snack</b>     | cauliflower with tzatziki dip                 | sliced apples with sunflower seed butter                            | guacamole* with sliced cucumbers               | watermelon   | cauliflower with tzatziki dip          | sliced apples with sunflower seed butter                            | green or red grapes                                |
| <b>Dinner</b>    | Chicken Piccata* over Chickpea Pasta          | Salmon with Butter, Lemon, Dill. Sauteed Zucchini and Yellow Squash | Pork Chops, Blanched and Sauteed Broccoli Rabe | Steak with Sauteed Mushrooms, Jasmine Rice               | Roasted Chicken, Butternut Squash Mash | Shrimp Stir Fry with Bok Choy, Red Peppers, Onions, Water Chestnuts | Red Lentil Pasta Primavera <sup>8</sup>            |

<sup>1</sup> Western is my favorite (ham, peppers and onions). Feel free to use any or all of those with mushrooms, asparagus or broccoli rabe. Add cheese for calcium.

<sup>2</sup> Coconut milk, dino kale, 1/2 banana, blueberries, pea protein or pumpkin seed protein

<sup>3</sup> Lotus foods Red or Volcano rice, chickpeas, green peas, sauteed red peppers/onions. Egg over easy, green salsa and sour cream on top

<sup>4</sup> Cook spaghetti squash the night before, reheat in drippings from bacon, top with a few dollops of ricotta cheese

<sup>5</sup> Red lentil pasta with chicken, fresh mozzarella, fresh basil, olive oil, vinegar

<sup>6</sup> Same as Breakfast Burrito Bowl, substitute leftover steak or other meat for eggs, and black-eyed peas for chickpeas

<sup>7</sup> Raw coconut wrap

<sup>8</sup> Squash, escarole, mushrooms, or any other veggies, tossed in olive oil, garlic and parmesan cheese

\* Recipe on the blog at <https://lowoxalatekitchen.com>

