

Instructions for Each Day

Day 1:

Breakfast:

Follow the directions for cooking the Zucchini Cakes using 1/2 the prepared zucchini/egg mixture in your refrigerator. Mix well before using.

Dinner:

Follow the directions for the Sweet Potato and Black Bean Stuffed Peppers using half the sweet potato mixture in your refrigerator. Prepare a salad using 2 cups of mixed greens and any other *vegetables you chose. Dress with oil and balsamic dressing.

Day 2:

Breakfast:

Enjoy half of your Tropical Oatmeal

Dinner:

Follow directions for the Greek Zucchini Boat using half the zucchini and ground beef mixture in your refrigerator. Prepare a salad using 2 cups of mixed greens and any other *vegetables you chose. Dress with oil and balsamic dressing.

Day 3:

Breakfast:

Follow the directions for the Zucchini Cakes using the remaining 1/2 of the zucchini/egg mixture in your refrigerator. Mix well before using.

Dinner:

Follow directions for the Sweet Potato Cakes using the remaining 1/2 the sweet potato mixture in your refrigerator. Prepare a salad using 2 cups of mixed greens and any other *vegetables you chose. Dress with oil and balsamic dressing.



Instructions for Each Day

Day 4:

Breakfast:

Enjoy the remainder of your Tropical Oatmeal

Dinner:

Follow the directions for the Greek Zucchini Boat using the zucchini halves and the remaining zucchini meat mixture in your refrigerator. Prepare a salad using 2 cups of mixed greens and any other *vegetables you chose. Dress with oil and balsamic dressing.

Day 5:

Breakfast:

Toast 1 slice of bread. Top with 2 tbs peanut butter and sliced banana.

Dinner:

Follow the directions for the Tarragon Chicken. Steam broccoli on stovetop or in microwave. Prepare a salad using 2 cups of mixed greens and any other *vegetables you chose. Dress with oil and balsamic dressing.

