

# Step by Step

## Prep For The Week

1. Add 2 eggs, 1 chopped (medium) zucchini and a dash of salt and pepper into a blender. Blend. Refrigerate in airtight container.
2. Preheat oven to 400 degrees. Bake sweet potato for approximately 40 minutes or until a knife is easily inserted. Let potato cool and then peel.
3. Mash sweet potato in a bowl. Add 1 tsp chili powder, 1 tsp cumin, 1 can of rinsed black beans, 4 oz green chiles, 2 sliced green onions and salt and pepper to taste. Mix well. Cover and refrigerate. This mixture will be used for 2 separate recipes.
4. Slice large zucchini in half - lengthwise. Scoop out the inside using a small spoon. Refrigerate the zucchini halves. Finely chop what you scooped out and then chop 1/4 cup onion.
5. Put 1 tsp oil in a pan and heat over medium heat. Add chopped onion and cook until golden brown (about 4 mins). Add chopped zucchini and 1/4 lb of ground beef. Continue to cook over medium heat until meat is cooked through.
6. Add 1/4 tsp cinnamon, 1/2 tsp oregano, 1/2 cup tomato sauce and olives to meat. Cook over low heat for 5 minutes. Let cool and refrigerate in airtight container.
7. Mix 1/3 cup olive oil and 1/3 cup balsamic vinegar in jar (with lid) to use as salad dressing each day this week. Refrigerate.
8. Chop the veggies you chose for your salad. Place in airtight container and refrigerate.
9. Follow the directions for the Tropical Oatmeal Recipe. Refrigerate
10. On the morning of Day #5, marinate the Tarragon Chicken following the directions. Cover and refrigerate so it will be ready to cook for dinner that evening.

