

Instructions for Each Day

Day 1:

Breakfast:

Follow directions for the Green Smoothie recipe using only half of the ingredients listed. You will be preparing and enjoying the other half on Day #3.

Dinner:

Follow directions for the Orange, Ginger, Soy Salmon using the salmon you have already marinated.

Wash *potato, rub with oil and sprinkle with salt. Bake at 425 for 45-60 minutes.

Follow directions for the Zucchini Fries using half the sliced zucchini in your refrigerator.

*When you eat a potato with a bit of olive oil added, the fat lowers the glycemic index of the carbohydrate. Also, the skin of an organic potato is high in fiber!

Day 2:

Breakfast:

Follow directions for the PBJ Pancakes using half the batter. Refrigerate the remainder in an airtight container.

Dinner:

Follow directions for the Chicken with Mushrooms and Peas. Enjoy half of what you have prepared.

Also enjoy half the prepared Roasted Vegetable Soup in your refrigerator. Top with chopped fresh basil, parsley or cilantro.

Refrigerate the remainder of both recipes in an airtight container.



Instructions for Each Day

Day 3:

Breakfast:

Prepare the other half of the Green Smoothie.

Dinner:

Follow directions for the Shepherd's Pie using the ground beef/vegetable mixture and the roasted cauliflower in your refrigerator. Enjoy 1/3 of the pan. Refrigerate remainder.

Follow the directions for the Zucchini Fries using the other half of the sliced zucchini in your refrigerator.

Day 4:

Breakfast:

Prepare the other half of the PBJ Pancakes.

Dinner:

Enjoy the other half of the Chicken with Mushrooms and Peas and the Vegetable Soup.

Day 5:

Breakfast:

Toast one slice of bread. Spread on 2 tbs nut butter and top with sliced banana.

Dinner:

Enjoy half of the remaining Shepherd's Pie and an apple sprinkled with cinnamon. You can freeze the remainder of the Shepherd's Pie or have it for lunch one day.

