

Instructions for Each Day

Day 1:

Breakfast:

Follow directions for Roasted Vegetables with Egg using 1 cup of the pre-roasted vegetables in your refrigerator.

Dinner:

Enjoy half of your already prepared Tuscan, Kale and Sausage Soup. Prepare a dinner salad using 2 cups salad greens and 1/3 of the cut, fresh vegetables in your refrigerator. Dress with prepared salad dressing.

Day 2:

Breakfast:

Follow directions for Yogurt Parfait.

Dinner:

Bake sweet potato at 425° for 40 minutes or until tender. Heat 1/2 of the prepared Mustard Coated Pork Tenderloin and 1 cup of the roasted vegetables.

Day 3:

Breakfast:

Follow directions for Roasted Vegetables with Egg using 1 cup of the pre-roasted vegetables in your refrigerator. Enjoy 1/2 grapefruit.



Instructions for Each Day

Dinner:

Enjoy the other half of your already prepared Tuscan, Kale and Sausage Soup. Prepare a dinner salad using 2 cups of salad greens and 1/3 of the cut, fresh vegetables from your refrigerator. Dress with prepared salad dressing. Enjoy 1 small sliced apple sprinkled with cinnamon.

Day 4:

Breakfast:

Follow directions for Yogurt Parfait.

Dinner:

Prepare the Pork Stroganoff using the small, unseasoned portion of precooked pork and the chopped onion and zucchini in your refrigerator. Prepare a dinner salad using 2 cups of the salad greens and 1/3 of the cut, fresh vegetables in your refrigerator. Dress with prepared salad dressing.

Day 5:

Breakfast:

Toast one slice of bread. Spread on 2 tbs nut butter. Enjoy 1/2 grapefruit.

Dinner:

Follow the directions for the Argentinian Chicken Thigh using the garlic, oil, pepper, parsley mixture in your refrigerator. Follow the directions for the Lemony Wilted Spinach. Enjoy 1 small sliced apple sprinkled with cinnamon.

