

Instructions for Each Day

Day 1:

Breakfast:

Heat half the Simple Pumpkin Oatmeal. Add water to thin, if desired.

Dinner

Heat half the Turkey Skillet with Sweet Potatoes and Kale. Garnish with parsley, if desired.

Enjoy 1/2 cup of yogurt topped with 1/4 cup of berries.

Day 2:

Breakfast:

Heat half the Quinoa with Eggs and Vegetables. Top with chopped green onions and hot sauce, if desired.

Dinner:

Heat a bowl of the Chicken Tortilla Soup and garnish as desired. You will be having another bowl of this for dinner on day #5. Feel free to make any extra one of your lunches or it will freeze.

Prepare 1/3 of the Salad with Blueberries and Goat Cheese according to directions. Dress with the dressing you made and refrigerated.

Day 3:

Breakfast:

Heat the other half of the Simple Pumpkin Oatmeal. Add water to thin, if desired.

Dinner:

Heat half the Turkey Skillet with Sweet Potatoes and Kale. Garnish with parsley, if desired.

Enjoy 1/2 cup of yogurt topped with 1/4 cup of berries.



Instructions for Each Day

Day 4:

Breakfast:

Heat the remaining Quinoa with Eggs and Vegetables. Top with chopped green onions and hot sauce, if desired.

Dinner:

Follow the directions for the Parmesan Crusted Tilapia. Half the recipe if you are only using 1 fillet.

Enjoy 1 baked potato.

Prepare 1/3 of the Salad with Blueberries and Goat Cheese according to directions. Dress with the dressing you made and refrigerated.

Day 5:

Breakfast:

Toast a slice of bread and spread on 2 tbs nut butter. Top with sliced banana.

Dinner:

Heat the Chicken Tortilla Soup and garnish as desired.

Prepare the Salad with Blueberries and Goat Cheese according to directions. Dress with the dressing you made and refrigerated.

