

Instructions for Each Day

Day 1:

Breakfast:

Heat 3 Make Ahead Egg Muffins and enjoy 1 orange.

If you are full from eating less than 3, these make a great snack for later!

Dinner

Heat half of the Asian Stir Fry and 1 cup of the cooked edamame.

Enjoy 1 small sliced apple sprinkled with cinnamon.

Day 2:

Breakfast:

Enjoy one jar of the Overnight Oatmeal. Top with 1/4 cup of berries and 1/8 cup of nuts, if desired.

Dinner:

Heat 1/2 of the Pork Quinoa mixture. Wrap it in 1 warmed tortilla.

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 3:

Breakfast:

Toast 1 slice of bread. Cut *avocado in half and smear desired amount on the toast. Optional toppings: fresh diced tomatoes, peppers, onions or fresh basil.

*If you leave the pit in the remainder of the avocado, it will help keep it fresh.

Dinner:

Follow the directions for the Chicken Parmesan using the chicken breast in your refrigerator. Prepare a dinner salad using 2 cups salad greens and 1/3 of the cut, fresh vegetables and some of the sliced avocado in your refrigerator, if desired.

Dress with prepared salad dressing.

Steam the broccoli in a pan with 1" of water for about 5 minutes or until desired tenderness. Drain water. Salt and pepper to taste.



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Day 4:

Breakfast:

Enjoy one jar of the Overnight Oatmeal. Top with 1/4 cup of berries and 1/8 cup of nuts, if desired.

Dinner:

Heat the remaining Asian Stir Fry and 1 cup of the cooked edamame.
Enjoy a banana.

Day 5:

Breakfast:

Heat 3 Make Ahead Egg Muffins and enjoy 1 orange.

Dinner:

Heat the remaining Pork Quinoa mixture. Wrap it in 1 warmed tortilla.
Prepare a dinner salad using 2 cups salad greens and the remaining cut, fresh vegetables in your refrigerator. Dress with prepared salad dressing.
Enjoy 1 small sliced apple sprinkled with cinnamon.

