

Instructions for Each Day

Day 1:

Breakfast:

Follow directions for half of the Veggie Egg Scramble using half the chopped pepper, mushroom and onion medley you have in the refrigerator.

Enjoy an orange.

Dinner

Warm half the meatloaf and half the assorted roasted vegetables you have in the refrigerator.

Day 2:

Breakfast:

Follow the directions for the Almond Butter Smoothie Bowl using one of the frozen bananas.

Dinner:

Heat a bowl of the Kale and White Bean and Sausage Soup. You will be having a bowl of the soup for dinner on day #5. If you have any remaining, enjoy any extra for lunch.

Prepare a salad with 2 cups of greens and 1/3 of the chopped cucumbers, tomatoes and pepper you refrigerated for the salad. Dress with Balsamic Dressing.

Enjoy a sliced apple sprinkled with cinnamon.

Day 3:

Breakfast:

Follow directions for half of the Veggie Egg Scramble using the remaining chopped pepper, mushroom and onion medley you have in the refrigerator.

Enjoy an orange.

Dinner:

Warm half the meatloaf and half the assorted roasted vegetables in the refrigerator.



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Day 4:

Breakfast:

Follow the directions for the Almond Butter Smoothie Bowl using the other frozen banana.

Dinner:

Follow directions for BBQ Chicken Tortilla Pizza using the diced chicken and red onion in your refrigerator. Enjoy a salad using 2 cups of greens and 1/3 of the chopped cucumbers, tomatoes and peppers. Dress with Balsamic Dressing.

Day 5:

Breakfast:

Toast a slice of bread and spread part of an avocado on it. If you would like, top with tomato, onion, or cilantro.

Dinner:

Heat a bowl of the Kale and White Bean and Sausage Soup.

Prepare a salad with 2 cups of greens and 1/3 of the cucumbers, tomatoes and pepper you refrigerated for the salad. Dress with Balsamic Dressing.

Enjoy a sliced apple sprinkled with cinnamon.

