1 Person Notes, week 3, Detox 2

1. Sunday:
   * You can have a fried egg on your leftover hash at **breakfast**.
   * You should have leftovers from last night’s turkey for **lunch**.
   * Chili may be watery…that’s ok!
   * Cook sweet potato- Pierce skin 5-6 times. Place on cookie sheet and roast on 400 until soft inside (about an hour). Store in the fridge until Thursday.
   * Make the muffins – you can have 1 a day for snacks. Share the extras or freeze them.
   * Snacks for the week-veggies: cucumber, carrots, red pepper with salsa. For nuts: pecans
2. Monday: Leftovers from tonight’s **dinner** will go on a salad for lunch tomorrow.
3. Tuesday: For **lunch** today put the chicken leftover from last night with 1/2 an avocado and some veggies. Don’t forget dressing.
4. Wednesday: Save half the avocado **tonight**, wrapped tightly for tomorrow night. Leftovers from tonight’s dinner will go on a salad for lunch tomorrow. You will probably have enough leftovers for another lunch as well.
5. Thursday: If you don’t want a **smoothie** or in addition to you can have 1-2 hardboiled eggs. For **lunch** today put the chicken leftover from last night with 1/2 an avocado and some veggies. Don’t forget dressing. Use the inside of the potato you cooked Sunday for the **dinner** tonight (save the skin intact for tomorrow night).
6. Friday: If you don’t want a **smoothie** or in addition to you can have 1-2 hardboiled eggs. If you don’t have mustard, you can omit(or if the mustard you have has bad ingredients like corn syrup)
7. Saturday: Last day…stay strong all the way until tomorrow morning.