

2 Person Notes, week 3, Detox 2

1. Sunday:
 - You can split the frittata for breakfast!
 - Make the meatballs before **lunch**. They will be used in Tuesday's dinner and lunches. Feel free to add anything you want to them at lunch.
 - Chili may be watery...that's ok!
 - Make the muffins – you can have 1 a day for snacks.
 - Snacks for the week-veggies: cucumber, carrots, red pepper, cherry tomatoes 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 1/4 an avocado (other 1/2 tomorrow dinner) and some veggies. Don't forget dressing. You can cook the spaghetti squash in the oven tonight or in the crockpot all day. Directions for each in recipe. Before serving heat up meatballs in the sauce either with or without the squash in it.
4. Wednesday: Use the other half the avocado **tonight**. Leftovers from tonight's dinner will go on a salad for lunch tomorrow.
5. Thursday: For **lunch** today put the chicken leftover from last night and if there is not enough add some meatballs. Cook the chicken any way you want and serve on salad with veggies.
Options: - Sprinkle with lemon pepper and salt. Sautee on stove to brown finish in oven on 400d.
 - Cook then process in food processor with some onion, spinach, 1 carrot, 1/2 avocado, garlic powder, onion powder. Put this chicken salad on the salad.
 - season heavy with herbs, saute on stove, finish in oven on 400 – cut into slices
 - While the oven is hot (and since you can cook it while you eat dinner) - Cook sweet potato for tomorrow's dinner: Pierce skin 5-6 times. Place on cookie sheet and roast on 400 until soft inside (about an hour). Store in the fridge until tomorrow.
6. Friday: If you don't want a **smoothie** or in addition to you can have 1-2 hardboiled eggs. For **dinner** if you don't have mustard, you can omit (or if the mustard you have has bad ingredients like corn syrup). Use the outside of the potato you cooked last night for the dinner tonight (save the inside for tomorrow night).
7. Saturday: Last day...stay strong all the way until tomorrow morning.