**Notes:**

Sunday Day 0-

* Put Chili Meal Together
* Make Avocado-cauliflower Hummus
* Cook Chicken and make Chicken Salad
* Cut up cucumber, 3 celery, 3-4 carrots and a little cauliflower for snacks
* Peel the banana’s cut them in half and put in freezer bag for smoothies.

Tuesday Day 1-

* Put Crockpot on in morning or when you stop home during the day (if you do)
* Snack for this week is veggies in avocado hummus (use carrots, celery, cauliflower, and cucumber)
* Cut up veggies for tomorrow crockpot (mushrooms, 2 celery, 2 carrots, 1 red onion, & 2 cloves garlic)
* Put 2 parts oil to 1 part vinegar in small container with salt and pepper to take as dressing for salad tomorrow.

Wednesday Day 2-

* In the morning or at lunch veggies and chicken in crockpot
* In the morning make salad and don’t forget your dressing.
* When I ate the chicken I shredded it and put the veggies on top. Feel free to make a salad too if you want more.

Thursday Day 3-

* Don’t overcook broccoli. Steam until bright green in color and al dente
* Recommend putting olive oil, salt and pepper on steamed broccoli after it’s cooked
* If you aren’t eating meat on Friday’s during Lent take some of the curry out for lunch tomorrow while preparing the meal before you add the Chicken to the pan tonight.

Friday Day 4-

* If you aren’t eating meat on Friday’s during Lent then make a smoothie instead of having chicken and mushrooms.
* If you aren’t eating meat make sure you there’s no chicken in your curry.
* If possible try to buy wild-caught Salmon Friday during the day for Friday night

Saturday Day 5-

* When you cook the chicken for breakfast, cook a piece to make chicken salad with at lunch.
* At lunch you can have the Chicken salad in a bowl or on lettuce. You should have Brussels sprouts from last night left over to munch on too.