**Notes:**

Sunday Day 13-

* When you’re cooking breakfast make a double batch and save ½ for Monday morning.
* Cook 4 chicken breasts this morning. Make Chicken salad for today’s lunch. Save the rest for Monday and Wednesday’s lunches (Fridays if you have extra). I would not pre make all the chicken salads the avocados will get gross. Also some days you might just want chicken on a salad and no avocado.
* Make the quinoa salad (first grain you’re adding back in. Pay attention to how you feel)
* Make the whipped cauliflower for the shepherds pie tomorrow night.
* Make pesto – using it for snacks and for dinner Wednesday night.
* Cut up veggies for snacks: carrots, celery, cherry tomatoes
* If Tuesday is busy prep (cut) all the vegetables for the dinner Tuesday night today and put them in a bag

Monday Day 14-

* In the morning make salad for lunch.
* Dinner: Cook meat and top with already made cauliflower. Start the broccoli once the pie is in the oven.

Tuesday Day 15-

* Enjoy butter for the first time tonight. Make sure to record how you feel over the next 48 hours. If you prepped the vegetables Sunday then you can just start cooking and it will be a fairly quick dinner.

Wednesday Day 16 - Straight forward day

Thursday Day 17-

* Trying Eggs for the first time today. If you wanted to stick with a smoothie for breakfast then you can skip the eggs at breakfast. You will have eggs in your Salmon burgers tomorrow night or can try one on your salad tomorrow at lunch.
* Throw an apple in your lunch box if you want today!

Friday Day 18

* Again you don’t have to eat eggs for breakfast.
* For lunch you can have left over chicken, or eggs or beans on your salad

Saturday Day 19 – Straight forward again

Sunday Day 13-

* Egg frittata for a bigger breakfast
* Look at the Easter menu on the blog/website