**Notes:**

Saturday Day 0-

* Go shopping
* Put 1 Can of Coconut Milk in the fridge

Sunday Day 1-

* **Breakfast**: Smoothie recipe is for 1 adult or 2 kids
* **Prep**:
  + Put chili meal together, put in freezer bag to put in crockpot tomorrow morning.
  + Chop all veggies for stir fry and put in Ziploc bag in fridge – take air out
  + Cook 8 chicken breast for Wednesday’s dinner and Chicken Salad at lunches (keep in fridge and make chicken salad morning of each meal. Chicken salad is for lunch today too)
  + Make ranch dressing
  + Cut up veggies for snacks: use carrots, celery, cauliflower, and cucumber
  + Soak 1/2 cup of chia seeds in 2 cups of water in a bowl, stir well and store in the fridge for smoothies. You might need to make more during the week too.
* Peel the banana’s cut them in half and put in freezer bag for smoothies
* Put the whole chicken and chicken thighs in the freezer.
* **Dinner**: Make enough salad for lunch tomorrow. Store half in Ziploc bag without dressing.

Monday Day 2-

* Put crockpot on in morning or when you stop home during the day.
* Divvy up leftovers, undressed salad from last night into 4 containers with leftover chicken on top.
* Pack homemade ranch separate.

Tuesday Day 3-

* Mash avocado to make chicken salad in the morning to pack lunches.
* Dinner: Cook pre-cut veggies. Rinse noodles under warm water before you add them to the pan.

Wednesday Day 4-

* Pack leftovers and extra veggies for lunch. Can add a few nuts <10 if you find yourself hungry at lunch.
* Dinner: Make a big salad to have for dinner. You pre-cooked 2 chicken breast on Sunday for tonight. Cut them up and add to the salad.
* Take the whole chicken and chicken thighs out of the freezer to thaw.

Thursday Day 5-

* Start the crockpot at least 6 hours before dinner.
* Make Chicken salad for lunch and pack veggies and nuts.
* You can make a salad to have with your Spaghetti squash if you want.

Friday Day 6-

* Lunch will be leftover chili and pack veggies and nuts.
* Dinner tonight has a prep\*\*\*
  + 1-2 hours before dinner cut up chicken and marinate it.

Saturday Day 5-

* At lunch you can finish up any leftovers. Freeze anything you don’t eat.
* After dinner start the chicken carcass from dinner in boiling water with a splash of apple cider vinegar, bay leaf and veggies to make broth for soup tomorrow.

Sunday Day 8-

* The detox plan assumes that you shop during the day Sunday, so it includes Sunday’s breakfast in the previous week’s groceries.