**Notes:**

Saturday Day 0-

* Go shopping
* Soak cashews in water over night (save a few out for salads during week)
* Put 1 can of coconut milk n fridge

Sunday Day 1-

* Put Chili Meal Together, put in freezer bag to pop in crockpot tomorrow morning or cook today
* Peel the banana’s cut them in half and put in freezer bag for smoothies (except for 1/2 1 banana save for next Sunday’s breakfast not frozen in fridge)
* Make spinach artichoke dip if you want to have it for snacks with veggies for the week. Cut up carrots, 1/2 red pepper and a little cauliflower for snacks
* Make salad dressing (12)
* Use 1/3 of the 1 can of black beans at lunch today (use other 1/3 Fri lunch and 1/3 dinner Saturday)

Monday Day 2-

* Put Crockpot on in morning or when you stop home during the day (if you do)
* Pack leftovers for lunch.
* Snack for this week is veggies in spinach artichoke dip
* Evening: Put 2 parts oil to 1 part vinegar in small container with salt and pepper to take as dressing for salad tomorrow. Take out some blueberries to thaw overnight and have on salad tomorrow.

Tuesday Day 3-

* In the morning make salad (top with a few walnuts and cashews) and don’t forget your dressing.
* Dinner: rinse noodles under warm water

Wednesday Day 4-

* Pack leftovers and extra veggies for lunch.
* Dressing for your salad should be all ready from Sunday.

Thursday Day 5-

* Put spaghetti squash in crockpot at lunch or in the morning.
* You can make a salad to have with your Spaghetti squash if you want.

Friday Day 6-

* Make guac to add to beans on salad for lunch. Pack veggies.
* Buy wild Salmon for dinner

Saturday Day 5-

* Breakfast: wrap up 2nd half of tofu. If you find you only need to use 1/4 of the tofu block then you can use the other 1/4 next Saturday and the 2nd 1/2 for dinner Monday. If you do this then don’t buy another block of tofu next week.
* At lunch you can add whatever you want that’s allowed on the detox and finish up any leftovers from the week. You should have Brussels sprouts from last night left over to munch on too.
* You should have 1/3 can of black beans left from Sunday.
* Save other 1/2 of cauliflower for next week.

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.