**Notes:**

Sunday Day 8-

* You should have everything you need to make breakfast. You will need to go grocery shopping before making your lunch though.
* Use your leftover chicken from the roasted chicken last night for your soup.

**Prep:**

* Peel the banana’s cut them in half and put in freezer bag for smoothies
* Cook sweet potatoes: Cut each in half lengthwise after cooking. Carve out top half insides of each half. Use what you carved out tonight as a mash and save the skin with some potato on it for tomorrow night.
* Chop up veggies for stir fry
* Cook 2 pieces of chicken for Tuesday’s lunch
* Put turkey breast in freezer

Monday Day 9-

* If the day is really busy you can cook the sloppy joe in the crockpot in the morning instead of in a pan at night.
* Pack leftovers for lunch.
* Snack for this week is veggies in salsa (use carrots and snap peas)
* Steam or sauté green beans keeping them el dente for dinner and top with olive oil, S & P

Tuesday Day 10-

* Start the crockpot with meat sauce.
* In the morning make chicken salad and pack veggies
* When you get home spiralize the zucchini and mix them in with sauce and let them cook in sauce 10-15 minutes.

Wednesday Day 11-

* Pack leftovers and extra veggies for lunch.
* Veggies for stir fry should be cut up from the weekend.
* Can use riced cauliflower or kelp noodles or rice for dinner. (Try to avoid rice if your family will eat one of the other two)
* At night take the turkey breast out of freezer to thaw in the fridge.

Thursday Day 12-

* Pack leftovers for lunch
* At dinner everyone tops their Mexican bowl how they like it.

Friday Day 13-

* Start crockpot meal in the morning or at lunch.

Saturday Day 14-

* At lunch finish up leftovers. If there are non you can make a veggie stir fry or big salad.