**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. You will save the extra burgers for the next two mornings.
* Use your leftover chicken from the roasted chicken last night for your soup.

**Prep:**

* You can prep meat sauce ingredients in a freezer bag. Freeze overnight and put in crockpot in the morning.
* If Wednesday night is going to be busy cut up the veggies for the stirfry. If you can wait until Wednesday that would be best.

Monday Day 9-

* Start the crockpot with meat sauce.
* When you get home spiralize the zucchini and mix them in with sauce and let them cook in sauce 10-15 minutes.
* Pack leftovers for lunch.
* Snack for this week is veggies in salsa (use carrots and snap peas)
* Steam or sauté broccoli keeping them el dente for dinner & top with olive oil, S & P

Tuesday Day 10-

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 at dinner.

Thursday Day 12-

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

Friday Day 13-

* The kelp noodles have an odor from the calcium preserving them. Rinse well in a strainer with warm water and it will go away.

Saturday Day 14-

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