**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.
* Drain all of the bones and veggies from the broth to make soup.
* Peel the banana’s cut them in half and put in freezer bag for smoothies
* Make salsa dip if you want to have it for snacks with veggies for the week. Cut up carrots and snap peas
* Divide the pound of beef in half and freeze 1/2 a ziploc bag.

Monday Day 9-

* Pack leftovers and make a salad for lunch.
* Snack for this week is veggies in salsa (use carrots and snap peas)
* Steam or sauté broccoli keeping it el dente for dinner and top with olive oil, S & P (you can cook all the broccoli and save half for tomorrow or cook 1/2 each night)

Tuesday Day 10-

* In the morning pack leftovers for lunch.
* Dinner: Do not over dress the cabbage salad because you will be eating it for a few days and don’t want it soggy. It is best if you dress the salad and then let is sit for 20 minutes before eating it for the first time.

Wednesday Day 11-

* Pack leftovers and extra veggies for lunch.
* I recommend pureeing the entire cauliflower and saving half of it for tomorrow.
* You can add more/less spice to curry based on preference.

Thursday Day 12-

* Pack leftovers for lunch
* When making the taco salad I prefer the cauliflower to be warmed before I add it even if it is pre-cooked from last night.
* Take the Ziploc bag of beef out of freezer to thaw.

Friday Day 13-

* Rinse kelp noodles with warm water and cut them to desired length. Then mix them into stir fry to heat up and soften.

Saturday Day 14-

* You can make 3 burgers out of the mix to have Sunday and Monday as well.
* Use 1/2 of the turkey meat for the burgers and half for lunch.
* At lunch you can finish any leftovers from the week with your burger.
* You will want to buy the Salmon for tonight during the day today. Any leftover avocado salad you can have with your chicken salad tomorrow at lunch.