**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.
* 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

Monday Day 9-

* Pack leftovers for lunch.
* Snack for this week is veggies in salsa (use carrots and snap peas)
* When you get home spiralize the zucchini and bake on 350 until desired consistency or mix them in with sauce and let them cook in sauce.
* Steam or sauté broccoli keeping it el dente for dinner and top with olive oil, S & P

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.
* Use the carton of coconut milk to thin the sauce for the sweet potatoes to the desired consistency.

Wednesday Day 11-

* Pack leftovers and extra veggies for lunch.
* You should have 1/2 cauliflower leftover from last week.
* You can add more/less spice to curry based on preference.

Thursday Day 12-

* Pack leftovers for lunch

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-

* At lunch you can finish any leftovers with your antipasto and hummus.
* At lunch time soak cashews for dinner.

Sunday Day 15-

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