**Notes:**

Sunday Day 15-

* You will need to go grocery shopping before making your lunch.
* Cook 2 chicken breasts. Use 1/2 of 1 for chicken salad at lunch today. Save the others to make chicken salad throughout the week.
* Make the quinoa salad recipe. You should have 1/4 for lunch today and save 3/4 for 3 more lunches.
* Peel the banana’s cut them in half and put in freezer bag for smoothies
* Make pesto dip to have it for snacks with veggies for the week (and dinner Wednesday night). You may have to double the recipe. Veggie snacks: snap peas, carrots, and cherry tomatoes.
* If you have left over riced cauliflower from last week you can add it to tonight’s cauliflower. Save 1/4 of the cauliflower for Saturday’s dinner.
* You are adding grains for the first time. Pay attention to how you feel for 48 hours.

Monday Day 16-

* In the morning pack leftovers for lunch.
* Snack for this week is veggies in pesto.
* Use leftover lettuce/spinach and veggies to make a salad, and top with sprouts and sunflower seeds. You can use apple cider vinegar or balsamic vinegar with oil, s&p for dressing.

Tuesday Day 17-

* You are introducing dairy in for the first time. Pay attention to how you feel tonight after the meal and over the day tomorrow.

Wednesday Day 18-

* Mash avocado with already cooked chicken for chicken salad. Pack in lettuce wraps or with carrot sticks. Pack quinoa salad for lunch.
* You will be adding eggs in for the first time. Just like with the butter, pay attention to how you feel.
* You can serve the salmon burgers over lettuce with tomato, onion, etc as toppings.

Thursday Day 19-

* If you ran out of pesto you can make more or cook the chicken with lemon or herbs.

Friday Day 20-

* For lunch today you can pack the salad topped with any leftover quinoa salad, hard boiled egg, beans etc.

Saturday Day 21-

* You can sub a different fish or chicken if you don’t want Haddock or finish up leftovers.