**Notes:**

Sunday Day 15-

* You will need to go grocery shopping before making your lunch.
* Cook 8 chicken breasts. Use 2 for chicken salad at lunch today. Save the others to make chicken salad throughout the week, and 2 breasts for Monday’s dinner. Can cook chicken with herbs or lemon in olive oil. Brown on skillet and finish in oven.
* Make the quinoa salad recipe. You should have 1/3 for lunch today and save 2/3 for 2 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 Friday night). You may have to double the recipe. Veggie snacks: snap peas, carrots, and cherry tomatoes.
* If Wednesday night is going to be busy make the soup ahead of time.
* Freeze 1 lb ground beef and chicken for Friday/Saturday meals.
* 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 or salsa or dressing.
* At dinner use leftover lettuce/spinach and veggies to make a salad, and top with nuts/ seeds. You can use apple cider vinegar or balsamic vinegar with oil, s&p for dressing, or other healthy dressing.

Tuesday Day 17-

* Mash avocado with already cooked chicken for chicken salad. Pack in lettuce wraps or with carrot sticks. Pack quinoa salad for lunch.
* You are introducing eggs in for the first time in the meatloaf. Pay attention to how you feel tonight after the meal and over the day tomorrow.
* Save some diced tomatoes for tomorrows soup.

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.
* Take chicken and ground beef out of freezer into fridge to thaw.
* You can make tonight’s soup on Sunday if Wednesday will be busy. You can serve soup with side veggies or salad.

Thursday Day 19- leftovers!

Friday Day 20-

* For lunch today you can pack the salad topped with any leftover quinoa salad, hard boiled egg, beans etc. if you ran out of meatloaf.
* Marinade the chicken in the morning or at lunch – keep in fridge. You can prep the fries by pre-cutting them.
* If you ran out of pesto you can make more or cook the chicken with lemon or herbs.

Saturday Day 21- Push through tonight and try to make it to tomorrow strong!