

Notes:

Sunday Day 15-

- You should have everything you need to make breakfast.
- You will need to go grocery shopping before making your lunch.
- Make the quinoa salad recipe. You should have enough for lunch today and Wednesday.
- 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. Veggie snacks: ½ red pepper, carrots, celery and cherry tomatoes.
- You can make the mashed cauliflower for tomorrow night's dinner (top of the shepherds pie).
- You are introducing grain for the first time today (quinoa) so pay attention to how you feel: digestion, skin, mood, sleep, etc (any previous symptoms that went away on detox)

Monday Day 16-

- You should have some lasagna from Saturday night leftover for lunch today.
- Snack for this week is veggies in pesto.
- Steam or sauté broccoli keeping it el dente for dinner and top with olive oil, S & P

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-

- The veggie roll-up recipe is for 1 person (so double it for 2).

Thursday Day 19-

- You will be adding eggs in for the first time. Just like with the butter, pay attention to how you feel during the day today and tomorrow with eggs back in the diet. Each person will have 2 eggs and 1/2 avocado for breakfast,

Friday Day 20-

- For lunch today you can pack the salad topped with any leftover quinoa salad, hard boiled egg, beans etc.
- You can serve the salmon burgers over lettuce with tomato, onion, etc as toppings.