



# Customizable Week Plans

Week of August 26 - September 01 for 2 people.

<b>PREP STEPS</b>	<p><b>SUNDAY:</b> Get as much partial and/or full meal prep done today as possible. You'll save a lot of time during the week just from washing, chopping and portioning your veggie ingredients. For instance, you can slice the sweet potatoes for Meals 8 &amp; 10. (for Beef and Sweet Potato Casserole); Make the Tapenade for Cod with Arugula Tapenade and Celeriac Fries.; You can also get ahead by making the Paleo Energy Bars for Meals 15, 19 &amp; 23.; Slice and dice all the veggies for Meals 16 &amp; 18. (for Chicken Slaw-Fry)</p> <p><b>WEDNESDAY:</b> Make any additional meals and/or sides that you have time for. (for Salsa Salad)</p>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>
<b>SUNDAY</b>	Honey Garlic Breakfast Sausage Patties; Crispy Garlic Brussels Sprouts; (40 minutes)	BAT Salad (Bacon, Arugula and Tomato); (40 minutes)	Garden Fresh Zucchini Bread; (1 hours)	Gazpacho Soup; Plum Pork Chops; (30 minutes)
<b>MONDAY</b>	Leftover: Honey Garlic Breakfast Sausage Patties; Leftover: Crispy Garlic Brussels Sprouts; (40 minutes)	Leftover: Gazpacho Soup; Leftover: Plum Pork Chops; (30 minutes)	Leftover: Garden Fresh Zucchini Bread; (1 hours)	Beef and Sweet Potato Casserole; (1 hours)
<b>TUESDAY</b>	Leftover: Garden Fresh Zucchini Bread; egg(s); (1 hours)	Leftover: Beef and Sweet Potato Casserole; (1 hours)	Ginger Turmeric Smoothie; (5 minutes)	Cod with Arugula Tapenade and Celeriac Fries; (35 minutes)
<b>WEDNESDAY</b>	Leftover: Garden Fresh Zucchini Bread; egg(s); (1 hours)	Kale Salad with Ham; (15 minutes)	Paleo Energy Bars; (15 minutes)	Chicken Slaw-Fry; (25 minutes)
<b>THURSDAY</b>	Smoked Salmon Scrambled Eggs; (15 minutes)	Leftover: Chicken Slaw-Fry; (25 minutes)	Leftover: Paleo Energy Bars; (15 minutes)	Cilantro Turkey Burgers; Guacamole; Salsa Salad; (20 minutes)
<b>FRIDAY</b>	Berries with Coconut and Lime; egg(s)	Leftover: Cilantro Turkey Burgers; Leftover: Guacamole; (20 minutes)	Leftover: Paleo Energy Bars; (15 minutes)	Shrimp and Bok Choy Sheet Pan Dinner; (15 minutes)
<b>SATURDAY</b>	Steak and Eggs; Leftover: Salsa Salad; (20 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	Shredded Pork and Pineapple Lettuce Wraps; Cauliflower Rice; (4 hours)