



Customizable Week Plans

Week of September 16 - September 22 for 2 people.

PREP STEPS	<p>SUNDAY: Start Paleo Applesauce 4-6 hours ahead for use in Meals 4 & 6. You can use the remainder of your Paleo Applesauce leftovers in Meal 9 as well!; Optional: To save time during the week, make Guacamole Deviled Eggs ahead for Guacamole Deviled Eggs.; Prepare a double batch of Ants On A Log for Meals 11 & 15.; Partially or fully prepare the Lamb Patties for Meals 16 & 18.; Partially or fully prepare Crunchy Cauliflower Casserole for Meals 16 & 18.</p> <p>WEDNESDAY: Optional: Get ahead with prep for the rest of the week: make Summer Vegetable Frittata for Meals 17& 21.; Prepare Apple Bacon Chicken Salad for Meals 20 & 22.; Make Vegan Pesto for Vegan Pesto.</p>			
SUNDAY	Tex-Mex Breakfast Scramble; (30 minutes)	Baked Portobello and Tuna; (25 minutes)	Prosciutto Melon Wrap-Ups; (10 minutes)	Easy Pork Loin Chops; Paleo Applesauce; Spicy Herb Dressing; greens, mixed; (6 hours)
MONDAY	Guacamole Deviled Eggs; tomato(es); (25 minutes)	Leftover: Easy Pork Loin Chops; Leftover: Paleo Applesauce; Leftover: Spicy Herb Dressing; greens, mixed; (6 hours)	Leftover: Prosciutto Melon Wrap-Ups; (10 minutes)	Gingery Broccoli and Beef; (45 minutes)
TUESDAY	Ham & Applesauce with Almonds; (10 minutes)	Leftover: Gingery Broccoli and Beef; (45 minutes)	Ants On A Log; (5 minutes)	Apple Glazed Turkey Breast; Easy Side Salad with Lemon; (40 minutes)
WEDNESDAY	Sausage Stir-Fry Breakfast; (20 minutes)	Leftover: Apple Glazed Turkey Breast; Leftover: Easy Side Salad with Lemon; (40 minutes)	Leftover: Ants On A Log; (5 minutes)	Lamb Patties; Crunchy Cauliflower Casserole; (45 minutes)
THURSDAY	Summer Vegetable Frittata; (35 minutes)	Leftover: Lamb Patties; Leftover: Crunchy Cauliflower Casserole; (45 minutes)	Berries with Coconut and Lime	Apple Bacon Chicken Salad; (10 minutes)
FRIDAY	Leftover: Summer Vegetable Frittata; (35 minutes)	Leftover: Apple Bacon Chicken Salad; (10 minutes)	Macadamia nuts	Sardine Salad; (15 minutes)
SATURDAY	Vegan Pesto; egg(s); (15 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	Vegetable Beef Chili; (1 hours)