



Customizable Week Plans

Week of September 23 - September 29 for 2 people.

PREP STEPS	<p>SUNDAY: Start Slow Cooker Salmon with Cranberry Squash 6 hours ahead for Slow Cooker Salmon with Cranberry Squash.; Optional: Make Olive Tapenade for Meals 7, 11 & 15 and partially or fully prepare as many meals as you can to save time later in the week. You can always wash, chop and portion all your veggies for easy use in the days ahead!</p> <p>WEDNESDAY: Optional: Make Bacon and Sweet Potato Bites for Meals 19 and 23 and any do any other prep for Meals that you didn't get to on Sunday. (for Bacon and Tomato Sweet Potato Bites)</p>			
	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Sausage and Zucchini Breakfast Casserole; (1 hours 15 minutes)	Spinach Salad; deli meats; (15 minutes)	Chili Lime Broiled Avocado; (10 minutes)	Slow Cooker Salmon with Cranberry Squash; Roasted Broccoli; (6 hours)
MONDAY	Leftover: Sausage and Zucchini Breakfast Casserole; (1 hours 15 minutes)	Leftover: Slow Cooker Salmon with Cranberry Squash; Leftover: Roasted Broccoli; (6 hours)	Olive Tapenade; veggies of choice; (20 minutes)	One Pan Cajun Chicken Dinner; (1 hours)
TUESDAY	Turkey Stir-Fry Breakfast – AIP; (10 minutes)	Leftover: One Pan Cajun Chicken Dinner; (1 hours)	Leftover: Olive Tapenade; veggies of choice; (20 minutes)	Pork Tenderloin with Blueberry Sauce; (45 minutes)
WEDNESDAY	Blackberry Protein Smoothie; (5 minutes)	Leftover: Pork Tenderloin with Blueberry Sauce; (45 minutes)	Leftover: Olive Tapenade; veggies of choice; (20 minutes)	Savory Mushroom, Sausage & Artichoke Paleo Pizza Crust; (40 minutes)
THURSDAY	Breakfast Skillet with Eggs, Spinach, and Mushrooms; (10 minutes)	Leftover: Savory Mushroom, Sausage & Artichoke Paleo Pizza Crust; (40 minutes)	Bacon and Tomato Sweet Potato Bites; (20 minutes)	Coconut Lamb with Cauliflower Rice; (1 hours)
FRIDAY	Almost Oatmeal; (10 minutes)	Leftover: Coconut Lamb with Cauliflower Rice; (1 hours)	Leftover: Bacon and Tomato Sweet Potato Bites; (20 minutes)	Asian Ground Beef and Veggie Lettuce Wraps; (25 minutes)
SATURDAY	Fried Eggs with Sweet Potato Hash; (35 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	Apple Roasted Chicken Legs; Easy Side Salad with Lemon; (40 minutes)