



Customizable Week Plans

Week of September 09 - September 15 for 2 people.

PREP STEPS	<p>SUNDAY: Optional: Prepare Garlic and Pepper Cashew Dip and store in the refrigerator for Meals 11 & 15. If you didn't make the Garlic and Pepper Cashew Dip on Sunday, soak the cashews Tuesday morning up to 4 hours ahead for Garlic and Pepper Cashew Dip.; Make Lemon Detox Dressing for Meals 12 & 14.; Make Paleo Hummus and Sweet Potato Chips for Meals 19 & 23 and store in airtight containers in the refrigerator. If you decide not to make the Paleo Hummus and Sweet Potato Chips earlier in the week, leave yourself ~ 3 hours for preparation prior to Meal 19.</p> <p>SATURDAY: Start Slow Cooker Turkey meatballs with Cauliflower Rice 6-8 hours ahead for Slow Cooker Turkey Meatballs with Cauliflower Rice.</p>			
	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Sausage and Zucchini Breakfast Casserole; (1 hours 15 minutes)	Strawberry Hazelnut Salad; deli meats; (15 minutes)	Tahini Sauce; bell pepper (s), red; (5 minutes)	Fish and Vegetable Curry; (35 minutes)
MONDAY	Leftover: Sausage and Zucchini Breakfast Casserole; (1 hours 15 minutes)	Leftover: Fish and Vegetable Curry; (35 minutes)	Leftover: Tahini Sauce; bell pepper(s), red; (5 minutes)	Pesto Baked Chicken Recipe; Leftover: Strawberry Hazelnut Salad; (40 minutes)
TUESDAY	Coconut Flour Pancakes Recipe; (20 minutes)	Leftover: Pesto Baked Chicken Recipe; Leftover: Strawberry Hazelnut Salad; (40 minutes)	Garlic and Pepper Cashew Dip; veggies of choice; (20 minutes)	Apple Cider Pork Chops; Lemon Detox Dressing; greens, mixed; (45 minutes)
WEDNESDAY	Breakfast Smoothie; (10 minutes)	Leftover: Apple Cider Pork Chops; Leftover: Lemon Detox Dressing; greens, mixed; (45 minutes)	Leftover: Garlic and Pepper Cashew Dip; veggies of choice; (20 minutes)	Asparagus Beef Stir-Fry; (30 minutes)
THURSDAY	Green Veggie Eggs; (15 minutes)	Leftover: Asparagus Beef Stir-Fry; (30 minutes)	Paleo Hummus; Sweet Potato Chips; (1 hours 10 minutes)	Coconut Chicken Stir-Fry; (20 minutes)
FRIDAY	Belgian Waffles with Blueberries; (15 minutes)	Leftover: Coconut Chicken Stir-Fry; (20 minutes)	Leftover: Paleo Hummus; Leftover: Sweet Potato Chips; (1 hours 10 minutes)	Springtime Pasta; (30 minutes)
SATURDAY	Prosciutto-Wrapped Asparagus Dipped in Soft-Boiled Eggs; (17 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	Slow Cooker Turkey Meatballs with Cauliflower Rice; (8 hours)