### Sunday

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoothie of choice</td>
<td>Easy Peasy Pancakes (page 000)</td>
<td>green salad (see “How to Build a Salad,” page 000)</td>
<td>Fresh fruit or Energy Bars (page 000)</td>
</tr>
<tr>
<td></td>
<td>Blueberry Sage Breakfast Sausage (page 000)</td>
<td>Garlic Breadsticks* (page 000)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Egg Pizza (page 000)</td>
<td>Butternut Squash Lasagna (page 000)</td>
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</tbody>
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**Shortcuts, Tips & Tricks**

*Make a batch of Stock (page 000), Energy Bars, Muffins (page 000), Apple Butter (page 000), and Kale Chips (page 000) over the weekend to have on hand all week.*

*Double the batch of breadsticks and use them later in the week with other meals.*

### Monday

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<th>Breakfast</th>
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</thead>
<tbody>
<tr>
<td>Leftover Egg Pizza</td>
<td>green salad (see “How to Build a Salad,” page 000)</td>
<td>Peruvian Chicken (page 000)</td>
<td>Creamy Chocolate Chip Macaroons (page 000)</td>
</tr>
<tr>
<td>Fresh fruit or Smoothie of choice (page 000)</td>
<td>leftover Butternut Squash Lasagna</td>
<td>Cauli-Mash (page 000)</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Fried Sweet Plantains (page 000)</td>
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<tr>
<td></td>
<td></td>
<td>green salad (see “How to Build a Salad,” page 000)</td>
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**Shortcuts, Tips & Tricks**

*Double the Peruvian Chicken recipe to make sure you have enough leftover meat for lunch the next day and for making the Leftover Casserole. Double the base of the cookie dough, which also makes the Cranberry-Orange No-Bake Bars (page 000). Both will last a long time in the fridge!*

### Tuesday

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<th>Breakfast</th>
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</thead>
<tbody>
<tr>
<td>Chunky Monkey Muffins (page 000)</td>
<td>Leftover Peruvian chicken, yuca &amp; plantains</td>
<td>Leftover Casserole (page 000) made with remaining chicken from Peruvian Chicken</td>
<td>Cranberry-Orange No-Bake Bars (page 000)</td>
</tr>
<tr>
<td>Leftover Blueberry Sage Breakfast Sausage (page 000)</td>
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**Shortcuts, Tips & Tricks**

*Save 4 cups of shredded, cooked chicken from the Peruvian chicken for the Leftover Casserole.*
### Wednesday

**Breakfast**
- Stacy’s Soup (page 000) with leftovers of Leftover Casserole

**Lunch**
- Green salad (see “How to Build a Salad,” page 000)
- Canned salmon or other quick & easy protein

**Dinner**
- Epic Bacon Meatloaf (page 000)
- Garlic Breadsticks (page 000)

**Snack**
- Leftover Creamy Chocolate Chip Macaroons (page 000)

### Thursday

**Breakfast**
- Leftover Chunky Monkey Muffins (page 000)
- Energy Bars (page 000)

**Lunch**
- Leftover Epic Bacon Meatloaf

**Dinner**
- Sage and Citrus Roast Chicken (page 000)
- Green Onion & Bacon Mac & Cheese (page 000)
- Citrus Broccoli (page 000)

**Snack**
- Fresh fruit or Energy Bars (page 000)

**Shortcuts, Tips & Tricks**
- Use leftover chicken from dinner to make Chicken Waldorf Salad for tomorrow's lunch.

### Friday

**Breakfast**
- Leftover Cranberry-Orange No-Bake Bars (page 000)
- Smoothie of choice (page 000)

**Lunch**
- Chicken Waldorf Salad (page 000)
- Snack Balls (page 000)

**Dinner**
- Apple Short Ribs (page 000)
- Cauli-Mash (page 000)

**Snack**
- Fresh fruit or Energy Bars (page 000)

### Saturday

**Breakfast**
- Eggs in a Nest (page 000)
- Fresh fruit

**Lunch**
- Leftover Apple Short Ribs over leftover spaghetti squash

**Dinner**
- Chinese Takeout Dinner (page 000)

**Snack**
- Energy Bar (page 000)