

## SUNDAY

*Breakfast*

Smoothie of choice  
(page 000)

*Lunch*

Easy Peasy Pancakes  
(page 000)

Blueberry Sage Breakfast  
Sausage (page 000)

Egg Pizza (page 000)

*Dinner*

green salad (see “How to  
Build a Salad,” page 000)  
Garlic Breadsticks\*  
(page 000)

Butternut Squash  
Lasagna (page 000)

*Snack*

Fresh fruit or  
Energy Bars (page 000)

**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

*Breakfast*

Leftover Egg Pizza

Fresh fruit or Smoothie  
of choice (page 000)

*Lunch*

green salad (see “How to  
Build a Salad,” page 000)

leftover Butternut Squash  
Lasagna

*Dinner*

Peruvian Chicken (page  
000)

Cauli-Mash (page 000)

Fried Sweet Plantains  
(page 000)

green salad (see “How to  
Build a Salad,” page 000)

*Snack*

Creamy Chocolate Chip  
Macaroons (page 000)

**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

*Breakfast*

Chunky Monkey Muffins  
(page 000)

Leftover Blueberry Sage  
Breakfast Sausage (page  
000)

*Lunch*

Leftover Peruvian  
chicken, yuca &  
plantains

*Dinner*

Leftover Casserole  
(page 000) made with  
remaining chicken from  
Peruvian Chicken

*Snack*

Cranberry-Orange  
No-Bake Bars (page 000)

**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)

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## 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.*

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## 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)

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## 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)