

## SUNDAY

*Breakfast*

Breakfast Puree  
(page 000)

*Lunch*

Breakfast Burritos  
(page 000) with avocado

*Dinner*

Slow Roasted Pork  
Shoulder (page 000)  
  
Roasted Rainbow  
Carrots (page 000)  
  
Winter Salad (page 000)

*Snack*

Gummy Snacks  
(page 000)

**Shortcuts, Tips & Tricks**

Make a batch of Stock (page 000), Mayonnaise (page 000), Slightly Sweet & Salty Snack Mix (page 000), and a double batch of Kale Chips (page 000) for the week. Prep your salad greens and dressing ahead so that you can have fresh premade salad throughout the week (but remember to dress salads right before serving).

## MONDAY

*Breakfast*

Leftover Breakfast  
Burritos

*Lunch*

Green Salad with  
Poached Egg (page 000)  
  
Leftover Breakfast Puree

*Dinner*

Leftover Casserole  
made with leftover Slow  
Roasted Pork Shoulder  
and leftover Roasted  
Rainbow Carrots  
  
Leftover Winter Salad

*Snack*

Healthiest Ice Cream  
Ever topped with Slight  
Sweet & Salty Snack Mix  
(page 000)

**Shortcuts, Tips & Tricks**

Double the butternut squash when roasting it and then use it to make Butternut Bisque later in the week!

## TUESDAY

*Breakfast*

Stacy's Soup (page 000)  
made with leftover  
Leftover Casserole

*Lunch*

Garden Tuna Salad (page  
000) with carrot chips  
  
Leftover Gummy Snacks  
(page 000)  
  
Pizza Kale Chips  
(page 000)

*Dinner*

Beef Tongue Carnitas  
(page 000)  
  
Fiesta Caul-Rice  
(page 000)  
  
Tortillas (page 000)

*Snack*

Fresh fruit

## WEDNESDAY

### *Breakfast*

Egg Pizza (page 000)

### *Lunch*

Leftover Beef Tongue  
Carnitas with leftover  
Fried Cauli-Rice

### *Dinner*

Crab Balls (page 000)  
Tartar Sauce (page 000)  
Green salad (see “How to  
Build a Salad,” page 000)

### *Snack*

Leftover Gummy Snacks  
(page 000)

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## THURSDAY

### *Breakfast*

Butternut Bisque  
(page 000)

### **Shortcuts, Tips & Tricks**

*Double the cauli-mash and save some for tomorrow's dinner.*

### *Lunch*

Garden Tuna Salad (page 000) on mixed greens  
Pizza Kale Chips (page 000)  
Fresh fruit

### *Dinner*

Brisket with Onion Jam (page 000)  
Cauli-Mash (page 000)  
Caesar Salad (page 000)

### *Snack*

Leftover Slight Sweet & Salty Snack Mix (page 000)

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## FRIDAY

### *Breakfast*

Leftover Egg Pizza (page 000)  
Leftover Caesar Salad

### *Lunch*

Leftover Brisket with Onion Jam  
Green salad (see “How to Build a Salad,” page 000)

### *Dinner*

Juicy Pot Roast (page 000)  
Cauli-Mash (page 000)

### *Snack*

Leftover Slightly Sweet & Salty Snack Mix (page 000)

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## SATURDAY

### *Breakfast*

Leftover Butternut Bisque (page 000)

### *Lunch*

Eastern Market Shrimp Salad (page 000)  
Leftover green salad (see “How to Build a Salad,” page 000)

### *Dinner*

Restaurant Meal (page 000)

### *Snack*

Leftover Healthiest Ice Cream Ever (page 000)