

# THE ANSWER

**Week: FOUR**

PREPARATION IS THE KEY TO SUCCESS! Make a SHOPPING LIST each Week.

	BREAKFAST	LUNCH	DINNER	SNACK 1 &	WATER	NOTES
<b>DAY 1</b>	Yogurt Parfait w/ Granola & Berries	Leftover: Soup & Crackers & Cheese	Black Bean Burger & Veggies	Zucchini Chocolate Muffin, Greek Yogurt (1 cup) & Berries		
<b>DAY 2</b>	Scrambled Eggs, Buttered Toast & a Fruit	Leftover: Black Bean Burger & Veggies	Salt Cod Fish Cakes & Salad w/ Dressing	Nut & Date Balls (2), Apple Slices w/ Almond/Nut Butter (1 tbsp)		
<b>DAY 3</b>	Omlet w/ Veggies & Buttered Whole Grain Toast & Berries	Leftover: Fish & Hummus w/ Veggies & Cheese & 3-4 Whole Grain Crackers	Wild Brown Rice salad w/ Curried Dressing & Grilled Chicken & Green Beans	Spoon of Almond/Peanut Butter (1 tbsp) & Banana, Greek Yogurt (1 cup) & Pear		
<b>DAY 4</b>	Hard Boiled Egg, Buttered Whole Grain Toast & a Fruit	Leftover: Curried Rice Salad w/ Grilled Chicken & Green Beans	Seared/Pan Cooked Porkloin & Roasted Veggies	Banana & Greek Yogurt (1 cup), Tangy Banana Muffin		
<b>DAY 5</b>	Oatmeal w/ Berries (may add cinnamon)	Leftover: Seared/Pan Cooked Porkloin & Roasted Veggies	Whole Wheat Pizza	Berries & Greek Yogurt (1 cup), Zucchini Choc/Banana Muffin		
<b>DAY 6</b>	Pecan Bannana Buttermilk Pancakes	Leftover: Whole Wheat Pizza	White Bean & Kale Soup & Whole Grain Bread	A Fruit & Nuts/Seeds (1/8 cup), Healthier Peanut Butter Chocolate Chip Cookie		
<b>DAY 7</b>	CLEANSE DAY Green Smoothie	White Bean Soup w/ Veggies	Arugula, Beet & Goat Cheese Salad w/ Mandarines	Fruit Salad, Nut & Date Balls (1-2)		

**NOTE:**

**CLEANSE DAY:** may return to 2 Green Smoothies & a Meal or follow the options provided

**GREEN SMOOTHIES:** may have for Breakfast, Lunch or Dinner

**BREAKFAST & SNACKS:** each week they repeat. Feel free to change or rotate the items

**LUNCH & DINNER:** each Week these options change. Lunch is mainly Leftovers from Dinner for easy preparation

**VEGGIE DIP:** enjoy a Veggie Dip of your choice for taste & essential fat or Beet Omesco recipe PDF

**SALAD w/ DRESSING:** choose any Greens & veggies, top w/ your own dressing/recipe The Answer workbook pg 69

**MUFFIN/COOKIE:** Muffin recipes PDF's & Healthier Choc Chip Cookies recipe The Answer workbook pg 106

**RECIPES:** if a recipe is not provided, please prepare as you would from your own recipes

**CHEESE:** Motzorella, Feta or Goat

**NUT & DATE BALLS:** recipe in The Answer workbook pg 69

**SUBSTITUTIONS:** move any meal around to suit your taste ie; don't like eggs, choose another breakfast option,