

THE ANSWER

Week: SIX

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

	BREAKFAST	LUNCH	DINNER	SNACK 1 &	WATER	NOTES
DAY 1	Yogurt Parfait w/ Granola & Berries	Leftover: Harvest Vegetable & Coconut Curry on Whole Grain Rice	Black Bean & Avacado Quesadillas w/ Chicken	Zucchini Chocolate Muffin, Greek Yogurt (1 cup) & Berries		
DAY 2	Scrambled Eggs, Buttered Toast & a Fruit	Leftover: Chicken Veggie Wrap w/ Vegetables & Feta	Baked Asian Spring Rolls & Dipping Sauce & Whole Grain Rice or Salad	Nut & Date Balls (2), Apple Slices w/ Almond/Nut Butter (1 tbsp)		
DAY 3	Omlet w/ Veggies & Buttered Whole Grain Toast & Berries	Green Salad w/ Goat Cheese, Seeds/ Nuts & Dried Goji Berries/Cranberries/Raisins	Chicken Wrap (may add avacado/ hummus) w/ Whole Grain Rice & Veggies	Spoon of Almond/Peanut Butter (1 tbsp) & Banana, Greek Yogurt (1 cup) & Pear		
DAY 4	Hard Boiled Egg, Buttered Whole Grain Toast & a Fruit	Leftover: Chicken w/ Rice & Veggies & Dip	Whole Grain Pasta w/ Ground Turkey Meat Sauce	Banana & Greek Yogurt (1 cup), Tangy Banana Muffin		
DAY 5	Oatmeal w/ Berries (may add cinnamon)	Leftover: Pasta w/ Ground Turkey Meat Sauce	Chicken Grilled w/ Carmelized Onions & Green Beans	Berries & Greek Yogurt (1 cup), Zucchini Choc/Banana Muffin		
DAY 6	Pecan Bannana Buttermilk Pancakes	Leftover: Chicken Grilled w/ Carmelized Onions & Salad w/ Dressing	Ten-Ingredient Masala Chili	A Fruit & Nuts/Seeds (1/8 cup), Healthier Peanut Butter Chocolate Chip Cookie		
DAY 7	CLEANSE DAY Green Smoothie	Leftover: Chili	Super Amazing Vegetable Patties & Sweet Coleslaw	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, don't like salmon, choose another dinner option