

# THE ANSWER

**Week: THREE**

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	Spicy Black Bean Burgers & Salad w/ Dressing	Carmelized Onions w/ Green Beans, Grilled Chicken & Whole Grain Rice	Zucchini Chocolate Muffin, Greek Yogurt (1 cup) & Berries		
<b>DAY 2</b>	Scrambled Eggs, Buttered Toast & a Fruit	Leftover: Chicken w/ Rice	Salmon, Steamed Carrots & Whole Grain Rice	Nut & Date Balls (2-3), Apple Slices w/ Almond/Nut Butter (1 tbsp)		
<b>DAY 3</b>	Omlet w/ Veggies & Buttered Whole Grain Toast & Berries	Leftover: Salmon & Salad w/ Dressing	Chicken Whole Grain Wrap (may add avacado/hummus) Carrots, Greens & Cheese	Healthier Peanut Butter Chocolate Chip Cookie, Greek Yogurt (1 cup) & Pear		
<b>DAY 4</b>	Hard Boiled Egg, Buttered Whole Grain Toast & a Fruit	Leftover: Chicken on a Salad w/ Dressing & Veggies & Dip	Pasta w/ Ground Turkey Meat Sauce	Banana & Greek Yogurt (1 cup), Tangy Banana Muffin		
<b>DAY 5</b>	Oatmeal w/ Berries (may add cinnamon)	Tuna & Whole Grain Crackers & Carrot Sticks & Cucumber Slices	Turkey Burger (no bun) w/ Avacado/Hummu s & Macaroni Salad	Berries & Greek Yogurt (1 cup), Zucchini Choc/Banana Muffin		
<b>DAY 6</b>	Pecan Banana Buttermilk Pancakes	Leftover: Turkey Burger w/ Veggies & Dip or Salad w/ Dressing	Crispy Chicken & Bean/Lentil Salad	A Fruit & Nuts/Seeds (1/8 cup), Healthier Peanut Butter Chocolate Chip Cookie		
<b>DAY 7</b>	CLEANSE DAY Green Smoothie	Green Salad w/ Beans/Lentils/ Chickpeas & Seeds/Nuts w/ Dressing	Broth Based Vegetable Soup	Fruit Salad, Nut & Date Balls (1-2)		

**NOTE:**  
**CLEANSE DAY:** may choose 2 Green Smoothies/Day & a Meal (like the 10 day Cleanse)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 Romesco 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:** Mozzarella, 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