

THE ANSWER

Week: FIVE

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: Grilled Chicken & Pesto Sandwich	Sweet Potato Sheppard's Pie	Zucchini Chocolate Muffin, Greek Yogurt (1 cup) & Berries		
DAY 2	Scrambled Eggs, Buttered Toast & a Fruit	Leftover: Sweet Potatoe Sheppard's Pie	Zesty Chicken w/ Roasted Brussel Sprouts	Nut & Date Balls (2), Apple Slices w/ Almond/Nut Butter (1 tbsp)		
DAY 3	Omlet w/ Veggies & Buttered Whole Grain Toast & Berries	Leftover: Zesty Chicken Pasta w/ Roasted Brussel Sprouts	Turkey Meatballs w/ Sweet Coleslaw & 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: Turkey Meatballs & Coleslaw	Steak & Broccoli Stir Fry	Banana & Greek Yogurt (1 cup), Tangy Banana Muffin		
DAY 5	Oatmeal w/ Berries (may add cinnamon)	Leftover: Steak & Broccoli Stir Fry	Whole Grain Pasta w/ Ground Turkey Meat Sauce	Berries & Greek Yogurt (1 cup), Zucchini Choc/Banana Muffin		
DAY 6	Pecan Bannana Buttermilk Pancakes	Leftover: Pasta w/ Turkey Meat Sauce	Chicken Wrap w/ Loads of Veggies & Feta	A Fruit & Nuts/Seeds (1/8 cup), Healthier Peanut Butter Chocolate Chip Cookie		
DAY 7	CLEANSE DAY Green Smoothie	Green Salad with Beans & Seeds or Nuts	Harvest Vegetable & Coconut Curry	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						