



Customizable Week Plans



Week of **January 15 - January 21 for 2 people.**

PREP STEPS	<p>SUNDAY: Make High Energy Breakfast Bars for High Energy Breakfast Bars.; Make Better-Than-Store-Bought Apple Chips for Better-Than-Store-Bought Apple Chips.</p> <p>THURSDAY: Helpful hint: Since we've doubled the Coconut Creamed Greens recipe in Meal 20 to provide leftovers for Meal 22, consider using in a large pot so all the greens can be cooked at once.</p> <p>SATURDAY: Start Slow Cooker Maple Bacon Chicken Legs 8 hours ahead for Slow Cooker Maple Bacon Chicken Legs.</p>			
	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	! Fried Eggs with Sweet Potato Hash; watermelon, seedless; (35 minutes)	Creamy Bacon and Parsnip Soup; (30 minutes)		Balsamic Braised Chicken and Vegetables; (1 hours 30 minutes)
MONDAY	High Energy Breakfast Bars; (10 minutes)	Leftover: Balsamic Braised Chicken and Vegetables; (1 hours 30 minutes)	Better-Than-Store-Bought Apple Chips; (1 hours)	! Lamb Fried Rice; Spinach Salad; (30 minutes)
TUESDAY	Leftover: High Energy Breakfast Bars; (10 minutes)	! Leftover: Lamb Fried Rice; (30 minutes)	Leftover: Better-Than-Store-Bought Apple Chips; (1 hours)	Cod with Arugula Tapenade and Celeriac Fries; (35 minutes)
WEDNESDAY	Ham Stir-Fry Breakfast; (20 minutes)	Leftover: Cod with Arugula Tapenade and Celeriac Fries; (35 minutes)	Raw Cabbage and Pineapple Salad; (15 minutes)	Steak and Brussels Sprouts Skillet; (20 minutes)
THURSDAY	Green Smoothie; ! egg(s); (10 minutes)	Leftover: Steak and Brussels Sprouts Skillet; (20 minutes)	Lettuce Wraps; (15 minutes)	Easy Pork Loin Chops; Coconut Creamed Greens; (50 minutes)
FRIDAY	! Tex-Mex Breakfast Scramble; (30 minutes)	Leftover: Easy Pork Loin Chops; Leftover: Coconut Creamed Greens; (50 minutes)	Leftover: Lettuce Wraps; (15 minutes)	Fish and Vegetable Curry; (35 minutes)
SATURDAY	! Roasted Pepper and Sausage Omelet; (30 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	Slow Cooker Maple Bacon Chicken Legs; Easy Side Salad with Lemon; (8 hours)