

Day One

Notes: For prep this morning (or the night before) I would

1. make a loaf of soft sprouted bread p. 200 and slice it up for this week's sandwiches.
2. Make two batches of salad dressing (one an E and one an S) for example I like Rohnda's Ranch p. 471 with S salads and my own [Ginger Dressing](#) for E salads
3. Brew tea and set in fridge

S - Breakfast - Believe it or not chocolate chip cookies p. 320 with Coffee & Heavy Cream

FP - Snack - Salted caramel creamy [oolong](#) p 434 + bowl of raspberries

E- Lunch - Turkey sandwich with mustard, lettuce, tomato, cucumber, onion, dill pickle, sprouts or any other veggies I wanted (*no cheese or full fat mayo, but if you like low fat mayo you can use some*)

FP - Snack - Greek Yogurt with lemon juice and [Gentle Sweet](#) mixed in

S - Dinner - Meatloaf 156-158 (choose one) or my [Ninja Meatloaf Recipe](#) with Bacon, Mashed Potatoes p. 219 and Side Salad with an S style salad dressing or just use a little olive oil

Day Two

E- Breakfast - Apple Cinnamon Crockpot Oatmeal p 256 & [Collagen](#) Tea

FP - Snack - TrimQuik p 494

S - Lunch - leftover Meatloaf with melted cheese on top (just reheat in a skillet and after you flip the slice, add cheese!) plus a side salad or steamed veggies, like cauliflower, broccoli, asparagus or green beans.

S - Snack - Salmon mousse p. 465 with veggies to dip (I like red bell pepper, cucumbers and jicama) OR if you don't like Salmon, you could do a deli wrap by wrapping your veggies in a slice of deli meat

S - Dinner - [Mac and Cheese](#) with [Heavenly Chicken](#) and steamed green beans with garlic

Day Three

E - Breakfast - Sweet Potato Hashbrowns (make in waffle iron or bake in little mounds on baking sheet) and eggatable scramble p. 242

FP - Snack - [Collagen](#) Berry Whip p. 375 + hot tea

E - Lunch - Cut up a piece of leftover [heavenly chicken](#) on a huge bed of greens, add some other veggies and top with an E salad dressing
FP - Snack - Peanut junkie butter p. 481 on a few banana slices w/ Chai Tea Shrinker (original Shrinker Recipe [here](#))
S - Dinner - Wonder fish tacos or [Trim Train Taco Soup](#)

Day Four

Notes: Today I would make a batch of [Wonder Wraps](#) but you can use Joseph's lavash or pitas if you prefer to. I like to get the added fiber from the [psyllium](#) in the Wonder Wraps because it keeps me fuller longer. I would also make a second batch with added cocoa powder for my dessert tonight)

S - Breakfast - Choc Skinny Chip Muffin p. 279 with fresh strawberries + Coffee with Heavy cream
S - Snack - [Deconstructed Deviled Egg](#)
FP - Lunch - Joseph's Pizza (I prefer to use [wonder wraps](#)) See p. 215 for topping ideas
FP - Snack - [Collagen](#) Tea with half an apple + low fat string cheese
S - Enchilada Wonder Casserole p. 145 topped with sour cream, avocado and black olives PLUS a huge side salad + S dressing
S - Dessert - [Cocoa Wonder Wraps](#) (you're gonna feel like you are cheating, but you're not!)

Day Five

E - Breakfast - Bust A Myth Banana Cake p. 298 with a dollop of Greek Yogurt into which I would swirl some [Gentle Sweet](#) and a side of fresh raspberries
FP - Peanut Junkie Butter p. 418 w/ a few apple slices
S - Lunch - Leftover Enchilada Wonder Casserole with side salad + S dressing
S - Snack -
S - Dinner - Nacho Stuffed Peppers p. 142 with a huge fresh salad + S dressing on the side topped with [Whisps](#) and avocado
S - Dessert - Small bowl of strawberries with a little cream on top or Reddi Whip if you use it

Day Six

Notes: I like to keep about a dozen or so pre mixed baggies of the dry ingredients for the Volcano Mud Slide Muffins p. 274

S - Breakfast - Nana's Fluffy Omelet p. 239 and I would add some nice cheese inside, maybe some Brie or Goat Cheese to make it nice and decadent + coffee with heavy cream

E - Snack - Leftover Bust a Myth Banana Cake with cup of hot tea

E- Lunch - Turkey sandwich with mustard, lettuce, tomato, cucumber, onion, dill pickle, sprouts or any other veggies I wanted (*no cheese or full fat mayo, but if you like low fat mayo you can use some*)

S - Snack - Volcano mud slide muffin p. 274

S - Dinner - Chicken jalapeno popper soup p. 90 with sour cream, crumbled bacon, shredded cheese, sliced jalapenos, and if you can find them at Costco, [Whisps!](#)

S - Dessert - Volcano mud slide muffin p. 274

Day Seven

S - Breakfast - Two eggs with sauteed spinach and a couple slices of bacon + Coffee with Heavy Cream

FP - Snack - Easy chocolate milk p. 439

FP - Lunch - Choco chip baby frap p. 421

FP - Snack - Greekie Swirl p. 340 with handy chocolate syrup p. 479

E - Dinner - Wipe your mouth bbq p. 43 on a sprouted bun, Baked Sweet Potato Fries p. 217, Light and Lovely Coleslaw p. 231

E - Dessert - Mangosicle p. 367