

## March Week 1~ Meal Prep Guide~ Optimal Health with Dr. Glenna

~ As we walk through life take time to enjoy the beauty around us and in us, you are perfect. For those of you continuing your journey welcome back and congratulations as you continue to reach your goals and feel your best. This program is designed as a tool to help you feel **your** best through clean eating. Remember it is just a guide so make it work for your lifestyle and schedule. The recipes and grocery lists are made for 2 people following the plan so you can adjust as needed for the number of people you are cooking for. If you have busy days that don't allow for meal prep, consider having a slow cooker meal. As long as you are sticking to the foods on the menu you can switch around the days to fit your schedule.

<b>Baking in the next few days:</b>	You can bake and freeze the following at your convenience: <b>Apple Spice Muffins, Pumpkin Breakfast Cookies, and Cleaned Up Biscuits.</b> If you are continuing from February check your freezer if you have leftovers from last month.
<b>Weekend: Saturday and /or Sunday</b>	You can make and freeze the <b>Strawberry Ice Cream</b> at your convenience, to keep it from getting too hard when frozen add 1 TB of vodka.
<b>Sunday:</b>	Lunch on the go tomorrow? Consider making the <b>Mango &amp; Chickpea Kale Salad</b> tonight, make enough for Monday, Tuesday and Wednesday's lunch. Allow the quinoa to cool completely and keep the dressing separate until you go to eat to prevent the salad from getting soggy. Remove 2 <b>Apple Spice Muffins</b> (per person) from the freezer.
<b>Monday:</b>	<b>Gut Healing Green Smoothie</b> , make enough for today and tomorrow's breakfast or make fresh as you go. Make the <b>Strawberry Ice cream</b> this afternoon if you haven't already. It takes at least 1 hour to freeze. <b>Cheesy Cauliflower &amp; Broccoli Casserole</b> , make enough for tonight and tomorrow's supper.
<b>Tuesday:</b>	<b>Leftovers!</b> Remove 3 <b>Pumpkin Breakfast Cookies</b> (per person) from the freezer.
<b>Wednesday:</b>	Put on the <b>Slow Cooker Chicken Shawarma</b> this morning or around lunch hour (4 hours on high, 6-8 hours on low) so it is ready for your supper tonight. The <b>Brown Rice</b> will need to be cooked tonight or earlier and reheated, make enough for tonight and tomorrow's supper. Remove 2 <b>Apple Spice Muffins</b> (per person) from the freezer. Lunch on the go tomorrow? Consider making the <b>Sweet Potato &amp; Black Bean Salad</b> tonight, make enough for Thursday, Friday and Saturday's lunch. Keep the dressing separate until you go to eat to prevent the salad from getting soggy.
<b>Thursday:</b>	<b>Leftovers!</b> Remove 3 <b>Cleaned Up Biscuits</b> (per person) from the freezer.
<b>Friday:</b>	Put on the <b>Slow Cooker Burrito Soup</b> (4-8 hours) this morning or around lunch hour so it is ready for supper. Make enough for tonight, tomorrow and Sunday's supper. Remove 2 <b>Apple Spice Muffins</b> (per person) from the freezer.

<b>Saturday:</b>	<b>Zucchini Turkey Breakfast Skillet</b> , make enough for today and tomorrow's breakfast. You could cook eggs fresh as you go. <b>Leftovers</b> for lunch and supper.
<b>Sunday:</b>	<b>Leftovers</b> for breakfast and supper. <b>Roasted Chicken &amp; Crispy Smashed Potatoes</b> for lunch. Don't worry you will use up the leftovers next week. Congratulations you made it through week 1! 😊

EATING WELL IS A FORM OF SELF-RESPECT.