

# Post Summer 6 Day Detox

Day	Task	Notes
<p style="text-align: center;"><b>0</b> <b>Sun</b></p>	 <p>Grocery shop.</p>	<p>Grab the grocery list for the Post-Summer Detox Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.</p>
	<p>Freeze chicken thighs for later on in the week.</p>	<p>After grocery shopping, freeze your chicken thighs to preserve freshness. You won't be needing these until later on in the week. We'll remind you when to set them out.</p>
	 <p>Make Apple Cinnamon Overnight Oats.</p>	<p>Divide into mason jars, seal and store in the fridge for Monday and Tuesday breakfast.</p>
	<p>Make Tuna &amp; Edamame Detox Salad.</p>	<p>Divide into containers with the dressing in a separate container. Store in the fridge. (Note: You can also make these up as mason jar salads with the dressing on the bottom and filling the rest of the jar with the salad mix. Shake well before eating.)</p>
	<p>Make Hummus Dippers.</p>	<p>Slice veggies into sticks. Fill the bottom of a mason</p>

			jar with hummus and fill the rest of the jar with veggie sticks, standing them up vertically. (For snack Monday and Tuesday.)
		Optional Time Saver: Prep or make Roasted Butternut Squash Soup with Kale Chips.	You can choose to make the whole recipe now or make up parts of it in advance to save you time tomorrow, like roasting the butternut squash and/or making the kale chips.
		Make Pumpkin Breakfast Cookies.	Let cool and then store in baggies in the freezer.
<b>1 Mon</b>		Pack your meals if you are on-the-go.	Apple Cinnamon Overnight Oats, Tuna & Edamame Detox Salad and Hummus Dippers.
		Finish making Roasted Butternut Squash Soup with Kale Chips.	Enjoy for dinner and pack away a portion for your lunch tomorrow.
		Optional Time Saver: Cook bacon and pesto for tomorrow's Portobello BLTs.	Store the bacon in an airtight container and the pesto in a mason jar, both in the fridge.
		Enjoy Orange for a snack.	Wash, peel and enjoy! Or slice into wedges.
<b>2 Tue</b>		Don't forget to pack your lunch!	Apple Cinnamon Overnight Oats, Roasted Butternut Squash with Kale Chips and Hummus Dippers.

		Finish making Portobello BLTs.	Pack away a portion for your lunch tomorrow. (Tip: To mix things up, chop leftover ingredients and assemble on arugula for a BLT salad drizzled with pesto.)
		Divide Clean Trail Mix into snack-size baggies for your snack on Wednesday and Thursday.	Store sealed at room temp.
		Optional Time Saver: Chop veggies for Greek Chicken Burgers for tomorrow night's dinner.	Dice red pepper, red onion, black olives, cucumber and feta cheese. Store in the fridge covered in small bowls.
		Enjoy a Orange for a snack.	Wash, peel and enjoy! Or slice into wedges.
<b>3 Wed</b>		Pack breakfast, lunch and snacks.	Pumpkin Breakfast Cookies, Portobello BLT and Clean Trail Mix.
		Finish making Greek Chicken Burgers for dinner.	Store leftovers in the fridge.
		Prepare your Celery with Sunflower Seed Butter for snack.	Wash and slice celery into sticks and divide into baggies. Add sunflower seed butter to small containers on the side. Prepare enough for your snack on Thursday and Friday.
		Prepare Banana Sushi for snack.	Enjoy!

<b>4 Thu</b>		Pack your breakfast, lunch and snacks if you are on-the-go.	Pumpkin Breakfast Cookies, Greek Chicken Burgers and Clean Trail Mix.
		Make Zucchini Caprese Salad for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Set out chicken thighs to thaw and prepare the marinade for Honey Garlic Chicken Thighs.	Combine olive oil, honey, garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Add it to a large zip lock bag with the chicken thighs and shake well. Store in the fridge.
		Prepare Banana Sushi for snack tonight.	Enjoy!
<b>5 Fri</b>		Don't forget to pack your lunch!	Pumpkin Breakfast Cookies, Zucchini Caprese Salad and Celery with Sunflower Seed Butter.
		Make Honey Garlic Chicken Thighs for dinner.	Set aside leftovers for your lunch tomorrow.
		Slice enough Cantaloupe for your snack tonight and tomorrow.	Divide into bowls and enjoy! Store leftovers in the fridge.
<b>6 Sat</b>		Pack your lunch if you are on-the-go.	Pumpkin Breakfast Cookies, Honey Garlic Chicken Thighs and Celery with Sunflower Seed Butter.

		Enjoy leftover Greek Chicken Burgers for dinner.	Bon appetit!
		Enjoy Cantaloupe for snack.	Nom nom nom.
<b>7 Sun</b>		Free day or Eat Up Your Leftovers Day	Start your meal prep for next week and let's keep this ball rolling!