

	Monday	Tuesday	Wednesday	Thursday
Breakfast	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Seasoning	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Seasoning	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Seasoning	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Seasoning
Lunch Prep Sunday	Italian Soup - 3 lbs Ground Pork - Mushrooms - Kale - Diced Tomatoes - Onion and Garlic - Chicken Stock - Fennel, Paprika, Italian Seasoning, Salt, and Pepper	Italian Soup	Italian Soup	Italian Soup
Dinner Prep Sunday	Zesty Chicken Arugula Salad - Zesty Italian Chicken* - Arugula - Tomato - Red Onion - Cucumber - Black Olives - Greek Vinaigrette*	Zesty Chicken Arugula Salad	Zesty Chicken Arugula Salad	Zesty Chicken Arugula Salad

Key

* Wholesome Joy Recipe

Zesty Italian Chicken

- Chicken thighs
- Zesty Italian Dressing
- ~ Marinate, grill, and dice

Greek Vinaigrette

- 1/4 cup Red wine vinegar
- 1/2 cup Extra light olive oil
- 1 + 1/2 teaspoon Garlic
- 2 Large fresh basil leaves
- 1/2 teaspoon Oregano
- 1/2 Lemon, juice
- 1/2 teaspoon Dijon mustard
- Salt
- Pepper
- ~Combine, shake, or blend

Other thoughts:

- For the first week, I keep it extremely simple, and boring.
 - > Prepping for the week allows me to combat the "hangover" which tends to whisper "just go to chipotle" in my ear.
 - > I commit to 5 days without any "out and about" interruptions, such as eating out.
- I like to keep Saturday dinner and Sunday lunch open for invitations.
 - > Saturday night, I like to grab Mexican. In this case, I plan for ceviche or fajitas.
 - ~ To join in the party, I order "club soda in a margarita glass with salt and lime"
 - > Sunday's are brunch heaven for us. Our favorite place has a wide variety of Eggs Benedict that I easily modify.
 - ~Again, club soda in a white wine glass with a splash of OJ or pineapple

Friday	Saturday	Sunday
Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Seasoning	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Seasoning	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Seasoning
Italian Soup	Chicken Salad over greens - Shredded chicken - Mayo* - Lemon - Basil - Pecans - Arugula - Garlic and onion powder	
Zesty Chicken Arugula Salad		Sunday Grill Out - Steak - Mashed Red Potatoes - Grilled Asparagus (Purchase day of when prepping for next week)