

Week 3 Prep

****Prior to the beginning of the week, cook and freeze the following:**

- 1 batch [Crockpot Applesauce](#) (store in pint sized mason jars, leaving at least 1 inch at the top for expansion in the freezer)
- 2 batches [Gluten Free Meatballs](#) (place in a gallon sized Ziploc freezer bag)
- 1 batch [Marinara Sauce](#) (store in pint sized mason jars, leaving at least ½ inch at the top for expansion in the freezer)
- 1 batch [Coconut Curry](#) (store in a Ziploc freezer bag)

***Small amounts of pure maple syrup are allowed after the detox. This amount is already incorporated into the recipes & meal plan. DO NOT add any more maple syrup to the meals or recipes than specifically instructed.*

Day 15 Instructions:

- Make Creamy Roasted Almond Butter
- Make Blueberry Muffins for morning breakfast (Leave 4 muffins out and freeze the remaining 2 wrapped in plastic wrap)
- Remove Coconut Curry from the freezer and place in the fridge to defrost

Day 16 Instructions:

- Remove the cauliflower “rice” from the freezer and place in the fridge to defrost
- Remove 2 servings of applesauce from the freezer (1 pint sized mason jar) and place in the fridge to defrost
- Prepare and refrigerate Steel Cut Oats for a quicker breakfast tomorrow morning
- Prepare and double recipe for Easy Hummus
- If shrimp was purchased frozen, remove ½ lb. shrimp from the freezer and place in the fridge to defrost overnight

Day 17 Instructions:

- Serve leftover ½ avocado with Mexican Cauli-Rice
- Hard boil 3 eggs and refrigerate for tomorrow and Day 19’s snack
- Remove half of the Gluten Free Meatballs and half of the Marinara Sauce from the freezer and place in the fridge to defrost

Day 18 Instructions:

- Bake Morning Bread for tomorrow morning

Day 19 Instructions:

- Prepare Potato & Bell-Pepper Frittata with Thyme for a quicker breakfast tomorrow morning
- Remove the remaining Lemon Oregano Chicken from the freezer and place in the fridge to defrost
- Bake sweet potato/yam for tomorrow snack

Day 20 Instructions:

- Prepare and refrigerate Steel Cut Oats for a quicker breakfast tomorrow morning
- If you are making the Sourdough Bread which is optional, prepare the starter 12 hours before you will be able to bake it.

Day 21 Instructions:

- Prepare another batch of Creamy Roasted Almond Butter