

# OPTIMAL YOU 35-DAY DINNER PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	<ul style="list-style-type: none"> <li>• Veggies and Zesty Garlic Vegetable Dip (pg 65)</li> <li>• Roasted Nutter-butt Squash Soup (pg 105)</li> <li>• Sweet Rye Bread (pg 147)</li> </ul>	<ul style="list-style-type: none"> <li>• The Ultimate Garden-Of-Eden Salad (pg 84)</li> <li>• Chrissy's "Kitchen" Cacciatore on Bed of Pasta (pg 114)</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Crunchy Coleslaw (pg 91)</li> <li>• Extra-Sloppy Joes (pg 131)</li> <li>• Whole-Grain bread</li> </ul>	<ul style="list-style-type: none"> <li>• Spectacular Spinach Salad (pg 88)</li> <li>• Grilled Garlic Dill Salmon Fillets (pg116)</li> <li>• Grilled Sweet Patata (pg 132)</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad (dressing on pg 92)</li> <li>• Spinach Flax'n Hemp Lasagna (pg 125)</li> </ul>	<ul style="list-style-type: none"> <li>• Veggies and Zesty Garlic Vegetable Dip (pg 65)</li> <li>• Sun-Dried Tomato Stuffed Mini Pitas (pg 64)</li> <li>• Honey-Teriyaki Chicken Wings (pg 70)</li> </ul>	<ul style="list-style-type: none"> <li>• Berry Fabulous Fruit Frosty (pg 76)</li> <li>• Sautéed Summer Medley (pg 130)</li> <li>• Fabulous Fajitas (pg 120)</li> </ul>
WEEK 2	<ul style="list-style-type: none"> <li>• Veggies and Guacamole Gator Dip (pg 66)</li> <li>• Elissa's Harvest Soup (pg 106)</li> <li>• Sweet Rye Bread (pg 147)</li> </ul>	<ul style="list-style-type: none"> <li>• Greens with Basic Italian Dressing (pg 97)</li> <li>• Fabulous Fajitas (pg 120)</li> <li>• Fresh Living Salsa (pg 68) and Organic Taco Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Crunchy Coleslaw (pg 91)</li> <li>• Roast Beef</li> <li>• Carrots and Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Pasta Salad (pg 101)</li> <li>• Herbed Grilled Fish (pg 117)</li> <li>• Barbecue-Grilled Vegetables (pg 134)</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet-and-Sour Chinese Stir-Fry (with leftover beef) (pg 133)</li> <li>• Organic Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry Spinach Salad (pg 89)</li> <li>• Grilled Kabobs (pg 126)</li> </ul>	<ul style="list-style-type: none"> <li>• Jo-Jo's Spicy Rice/Quinoa Salad (pg 95)</li> <li>• Maple-Roasted Squash (pg 124)</li> <li>• Lazy Lentil Lunch (pg 135)</li> <li>• Chocolate Peanut Butter Smoothie (pg 78)</li> </ul>
WEEK 3	<ul style="list-style-type: none"> <li>• Pesto Perfection (pg 61)</li> <li>• Chicken and Noodle Soup (pg 109)</li> <li>• Whole-Grain Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber Salad (pg 94)</li> <li>• Spicy Salsa Chicken (pg 131)</li> </ul>	<ul style="list-style-type: none"> <li>• The Ultimate Garden-Of-Eden Salad (pg 84)</li> <li>• Cowboy Chipotle Chili Con Carne (pg 127)</li> </ul>	<ul style="list-style-type: none"> <li>• Greens with Basic Italian Dressing (pg 97)</li> <li>• Grilled Garlic Dill Salmon Fillets (pg116)</li> <li>• Sweet Potato Wedgies (pg 128)</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Crunchy Coleslaw (pg 91)</li> <li>• Chicken and Vegetables Roasted in Slow-Cooker</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad (dressing on pg 92)</li> <li>• Pizza Fajitas (pg 121)</li> <li>• Healthy Hot Chocolate (pg 81)</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken Pasta Salad (pg 93)</li> <li>• Best-Ever Bruschetta (pg 69)</li> </ul>
WEEK 4	<ul style="list-style-type: none"> <li>• Spectacular Spinach Salad (pg 88)</li> <li>• Roasted Garlic Potato Soup (pg 107)</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Citrus and Flaxseed Salad (pg 86) with Sweet Balsamic Salad Dressing (pg 87)</li> <li>• Sweet and Sour Chicken (pg 115)</li> <li>• Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Taco-Terrific Salad (pg 97)</li> <li>• Fresh Living Salsa (pg 68) and Organic Taco Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable-Barley and Radish Salad (pg 96)</li> <li>• Herbed Grilled Fish (pg 117)</li> <li>• Grilled Zucchini Strips (pg 136)</li> </ul>	<ul style="list-style-type: none"> <li>• Raw Veggies and Dip</li> <li>• Creamy Potato Salad (pg 93)</li> <li>• Mexican Meatloaf Leftovers (pg 122)</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad (dressing on pg 92)</li> <li>• Quickie Quesadillas (pg 121)</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable-Barley and Radish Salad (pg 96)</li> <li>• Fresh Spinach Dip (pg 62)</li> <li>• Whole-Grain Bread</li> </ul>
WEEK 5	<ul style="list-style-type: none"> <li>• Spectacular Spinach Salad (pg 88)</li> <li>• Mommy's Minestrone Soup (pg 111)</li> <li>• Sweet Rye Bread (pg 147)</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit-Filled Salad with Raspberry Vinaigrette (pg 98)</li> <li>• No-Pastry Real-Man Quiche (pg 135)</li> </ul>	<ul style="list-style-type: none"> <li>• Mighty Mean Bean Salad (pg 100)</li> <li>• Roast Beef and Veggies in Slow-Cooker</li> </ul>	<ul style="list-style-type: none"> <li>• Greens with Basic Italian Dressing (pg 97)</li> <li>• Grilled Garlic Dill Salmon Fillets (pg 116)</li> <li>• Grilled Sweet Patata (pg 132)</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad (dressing on pg 92)</li> <li>• Chili-Style Baked Beans (pg 129)</li> <li>• Whole-Grain Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Heirloom Tomato and Basil Mélange (pg 67)</li> <li>• Easy Creamy Lentil Soup (pg 109)</li> <li>• Whole-Grain Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Greens with Liver-Cleansing Salad Dressing (pg 99)</li> <li>• Sun-Dried Tomato Stuffed Mini Pitas (pg 64)</li> <li>• BBQ Steak with Marinade of Choice (pg 137)</li> <li>• Steamed Veggie of Choice</li> </ul>