

AUTOIMMUNE MEAL PREP CHALLENGE

MONDAY, SEPT 14TH	TUESDAY SEPT 15TH	WEDNESDAY, SEPT 16TH	THURSDAY, SEPT 17TH	FRIDAY, SEPT 18TH	SATURDAY, SEPT 19	SUNDAY, SEPT 20TH
HOW BATCH COOKING SAVES TIME MAKING: MAPLE BLUEBERRY SAUSAGES 	SOUPS MAKE GREAT BREAKFASTS! MAKING: CARROT GINGER SOUP  GIVEAWAY: GET YOUR PICS OF BREAKFAST SAUSAGES AND/OR SOCIAL MEDIA POSTS IN BY 11 PM EASTERN!	THE MAGIC OF SWEET POTATOES MAKING: SWEET POTATO BOWLS  GIVEAWAY: GET YOUR PICS OF SOUP AND/OR SOCIAL MEDIA POSTS IN BY 11 PM EASTERN!	RELAXATION IS EXTREMELY IMPORTANT DOING: LISTEN TO GUIDED MEDITATION!  GIVEAWAY: GET YOUR PICS OF SWEET POTATOES AND/OR SOCIAL MEDIA POSTS IN BY 11 PM EASTERN!	SHEET PANS AREN'T JUST FOR SUPPERS MAKING: VEGGIE SHEET PAN BREAKFAST  GIVEAWAY: GET YOUR FAVE WAY TO RELAX AND/OR SOCIAL MEDIA POSTS IN BY 11 PM EASTERN!	CATCH UP DOING: DO ANY DAYS AND RECIPES YOU MISSED! GIVEAWAY: GET YOUR SHEET PAN PICS AND/OR SOCIAL MEDIA POSTS IN BY SAT AT 11 PM EASTERN!	GRAND PRIZE DRAWING! YOU NEED TO HAVE COMPLETED ALL 5 DAYS TO BE ENTERED. GET THOSE ENTRIES IN BY 8 PM EASTERN!