



## Monday

### Grilled Avocado on Toast

Directions: [Martha Stewart](#)

Total Time: 20 min

Ingredients:

- 1/2 avocado (peeled and pitted)
- Lime juice
- Olive oil

- 1 slice of bread
- Parmesan
- Salt

## Tuesday

### Cucumber-Blueberry Smoothie

Directions: [Martha Stewart](#)

Total Time: 20 min

Ingredients:

- 1 medium cucumber, peeled, seeded, and cut into 1-inch pieces
- 1 cup frozen blueberries
- 1 cup white grape juice or pear juice

- 1/2 cup low-fat plain yogurt

## Wednesday

### Sweet Potato Chips

Directions: [Chow](#)

Total Time: 45 min

Ingredients:

- 4 teaspoons vegetable oil
- 1 1/2 pounds Garnet sweet potatoes, cut into 1/8-inch rounds
- 2 teaspoons distilled white vinegar

- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

## Thursday

## Strawberry and Honey Sorbet

Directions: [The Kitchn](#)

Total Time: 1 hr 45 min

- Juice from one lemon

Ingredients:

- 1 pint (16 ounces) strawberries, hulled and quartered
- 1/4 cup honey
- 1 tablespoon vodka (or flavored liqueur of choice), optional

## Friday

## World's Easiest Grilled Vegetables

Directions: [Kalyn's Kitchen](#)

Ingredients:

- 1 medium zucchini
- 1 large sweet onion (I used Vidalia onion)
- 1 large red bell pepper
- (See below for other vegetable combinations. You need about 4 cups of cut-up vegetables.)
- 1/2 cup Italian Salad Dressing (I like Newman's Own Olive Oil and Vinegar Dressing for this, be sure to use a dressing with oil as the first ingredient.)
- pinch of dried herbs like thyme, oregano, or fennel (optional)
- salt and fresh ground black pepper to season vegetables after grilling
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