

















Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Divide and freeze the ground beef and chicken breasts.	Divide the ground beef and chicken breasts into three portions and freeze two portions of each protein. This guide will remind you to thaw them later in the week.
		Make Apple & Creamy Sunflower Dip.	Divide between containers and store in the fridge for snacks.
		Make Coconut Yogurt Chicken and Sweet Potato Fries with Creamy Salsa.	Divide between containers and store in the fridge for meals.
		Make Broccoli & Spiced Yogurt.	Divide between containers and store in the fridge for snacks.
1 Mon		Make Spinach & Salsa Omelette and Apple & Sweet Potato Hash.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Spinach & Salsa Omelette, Apple & Sweet Potato Hash, Apple & Creamy Sunflower Dip, Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa, Broccoli & Spiced Yogurt.

		Make Beef & Shredded Veggies with Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Spinach & Salsa Omelette, Apple & Sweet Potato Hash, Broccoli & Spiced Yogurt, Beef & Shredded Veggies with Rice, Apple & Creamy Sunflower Dip.
		Enjoy leftover Coconut Yogurt Chicken and Sweet Potato Fries with Creamy Salsa for dinner.	Reheat in the microwave or oven.
		Make Creamy Sweet Potato Toast.	Divide between containers and store in the fridge for snacks.
		Take one portion of the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Beef & Salsa Breakfast Skillet and Shredded Sweet Potatoes.	Enjoy immediately or pack if you're on-the-go and store leftovers between containers.
		Pack your meals if you are on-the-go.	Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Apple & Creamy Sunflower Dip, Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa, Creamy Sweet Potato Toast.
		Make Ground Beef, Broccoli & Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Make Egg & Apple Snack Plate.	Divide between containers and store in the fridge for snacks.
		Take one portion of the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
4 Thu		Pack your meals if you are on-the-go.	Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Creamy Sweet Potato Toast, Ground Beef, Broccoli & Rice, Egg & Apple Snack Plate.
		Make Slow Cooker Salsa Chicken and Broccoli & Jasmine Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take one portion of the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Pack your meals if you are on-the-go.	Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Egg & Apple Snack Plate, Salsa Chicken, Broccoli & Jasmine Rice, Creamy Sweet Potato Toast.
		Make Curried Chicken with Broccoli & Sweet Potato for dinner.	Enjoy and store leftovers in the fridge.
		Make Coconut Yogurt with Sunflower Seed Butter.	Divide between containers and store in the fridge for snacks.
		Make Apple with Sunflower Seed Butter.	Divide between containers and store in the fridge for snacks.

		Take one portion of the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Spinach & Sweet Potato Frittata.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Spinach & Sweet Potato Frittata, Coconut Yogurt with Sunflower Seed Butter, Curried Chicken with Broccoli & Sweet Potato, Apple with Sunflower Seed Butter.
		Make Spiced Beef & Spinach with Rice for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Spinach & Sweet Potato Frittata, Apple with Sunflower Seed Butter, Spiced Beef & Spinach with Rice, Coconut Yogurt with Sunflower Seed Butter.
		Shop and prep for next week.	
		Enjoy leftover Curried Chicken with Broccoli & Sweet Potato for dinner.	Reheat in the microwave or in a pan.