
















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.
		Freeze the ground beef. Divide the chicken breasts and salmon fillets into two portions and freeze one portion of each.	This guide will remind you to thaw them later in the week.
		Portion Cucumber, Blackberries & Hummus Snack Box.	Divide between containers and store in the fridge for snacks.
		Make Chicken & Asparagus Pesto Pasta.	Divide between containers and store in the fridge for meals.
		Portion Applesauce, Coconut Yogurt & Strawberries.	Divide between containers and store in the fridge for snacks.
1 Mon		Make Chia Oats with Kiwi for breakfast.	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.	Chia Oats with Kiwi, Cucumber, Blackberries & Hummus Snack Box, Chicken & Asparagus Pesto Pasta, Applesauce, Coconut Yogurt & Strawberries.

		Make One Pan Salmon with Green Beans & Roasted Tomato and Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on the go.	Chia Oats with Kiwi, Applesauce, Coconut Yogurt & Strawberries, One Pan Salmon with Green Beans & Roasted Tomato and Brown Rice, Cucumber, Blackberries & Hummus Snack Box.
		Enjoy leftover Chicken & Asparagus Pesto Pasta for dinner.	Reheat in the microwave or in a pan.
		Portion Applesauce.	Store in the fridge for a snack.
		Portion Coconut Yogurt, Strawberries & Blackberries.	Divide between containers and store in the fridge for snacks.
		Take the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Fried Chickpeas & Spinach Yogurt Bowl.	Enjoy immediately or pack if you're on the go and store leftovers for breakfasts.
		Pack your meals if you are on the go.	Fried Chickpeas & Spinach Yogurt Bowl, Applesauce, Chicken & Asparagus Pesto Pasta, Coconut Yogurt, Strawberries & Blackberries.
		Make Beef, Rice & Carrots with Cherry Tomatoes for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Make Broccoli & Spiced Yogurt.	Divide between containers and store in the fridge for snacks.
		Take the chicken breasts 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.	Fried Chickpeas & Spinach Yogurt Bowl, Kiwi, Beef, Rice & Carrots with Cherry Tomatoes, Broccoli & Spiced Yogurt.
		Make Chicken, Kale & Rutabaga for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Pack your meals if you are on-the-go.	Fried Chickpeas & Spinach Yogurt Bowl, Broccoli & Spiced Yogurt, Chicken, Kale & Rutabaga, Coconut Yogurt, Strawberries & Blackberries.
		Make Hummus Pasta for dinner.	Enjoy and store leftovers in the fridge.
		Make Blackberry Protein Overnight Oats.	Divide between containers and store in the fridge for breakfasts.
		Portion Applesauce & Kiwi.	Store in the fridge for a snack.
		Make Creamy Pesto Dip & Carrots.	Divide between containers and store in the fridge for snacks.
	Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.	

6 Sat		Pack your meals if you are on the go.	Blackberry Protein Overnight Oats, Applesauce & Kiwi, Hummus Pasta, Creamy Pesto Dip & Carrots.
		Make Pressure Cooker Salmon & Broccoli with Brown Rice for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion Kiwi & Strawberries.	Store in the fridge for a snack.
7 Sun		Pack your meals if you are on the go.	Blackberry Protein Overnight Oats, Creamy Pesto Dip & Carrots, Pressure Cooker Salmon & Broccoli with Brown Rice, Kiwi & Strawberries.
		Shop and prep for next week.	
		Enjoy leftover Hummus Pasta for dinner.	Reheat in the microwave or in a pan.