










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 the chicken thighs into two portions and freeze one portion.	This guide will remind you to thaw them later in the week.
		Make Potato Chickpea Breakfast Hash.	Divide between containers and store in the fridge for breakfast. Cook eggs just before serving.
		Portion Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.	Store in a container in the fridge for a snack.
		Make Roast Chicken with Butternut Squash.	Divide between containers and store in the fridge for meals.
		Make Carrots & Salmon Dip.	Divide between containers and store in the fridge for snacks.
1 Mon		Cook eggs to eat with Potato Chickpea Breakfast Hash.	Enjoy for breakfast or pack if you're on-the-go.

		Pack your meals if you are on-the-go.	Potato Chickpea Breakfast Hash with Fried Eggs, Greek Yogurt with Orange, Blueberries & Pumpkin Seeds, Roast Chicken with Butternut Squash, Carrots & Salmon Dip.
		Make Turkey, Barley & Squash Soup for dinner.	Divide between containers. Freeze portions for later in the week and store remaining portions in the fridge.
2 Tue		Cook eggs to eat with Potato Chickpea Breakfast Hash.	Enjoy for breakfast or pack if you're on-the-go.
		Make Collagen Green Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Potato Chickpea Breakfast Hash with Fried Eggs, Collagen Green Smoothie, Turkey, Barley & Squash Soup, Carrots & Salmon Dip.
		Enjoy leftover Roast Chicken with Butternut Squash for dinner.	Reheat in the microwave or in the oven.
3 Wed		Make Greek Yogurt, Banana & Cherry Granola Bowl.	Enjoy for breakfast or pack if you're on the go.
		Make Orange, Carrot & Turmeric Smoothie.	Pack in a portable cup for a snack.
		Make Pesto Chickpea Stuffed Avocado.	Pack in a container and store in the fridge for a snack.

		Pack your meals if you are on-the-go.	Greek Yogurt, Banana & Cherry Granola Bowl, Orange, Carrot & Turmeric Smoothie, Roast Chicken with Butternut Squash, Pesto Chickpea Stuffed Avocado.
		Make Salmon Stuffed Peppers with Roasted Carrots for dinner.	Enjoy and store leftovers in the fridge for dinner tomorrow.
		Make Spicy Smashed Chickpea & Avocado Wrap.	Store in the fridge for lunch.
		Portion Cherries & Pumpkin Seeds.	Store in a container for a snack.
4 Thu		Make Greek Yogurt, Banana & Cherry Granola Bowl.	Enjoy for breakfast or pack if you're on-the-go.
		Portion Kefir & Granola Bowl.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Greek Yogurt, Banana & Cherry Granola Bowl, Cherries & Pumpkin Seeds, Spicy Smashed Chickpea & Avocado Wrap, Kefir & Granola Bowl.
		Enjoy leftover Salmon Stuffed Peppers with Roasted Carrots for dinner.	Reheat in the microwave or in the oven.
		Make Spicy Smashed Chickpea & Avocado Wrap.	Store in the fridge for lunch.
		Take the remaining portions of Turkey, Barley & Squash Soup out of the freezer.	Thaw in the fridge for meals this week.

5 Fri		Make Greek Yogurt, Banana & Cherry Granola Bowl.	Enjoy for breakfast or pack if you're on-the-go.
		Make Orange, Carrot & Turmeric Smoothie.	Pack in a portable cup for a snack.
		Portion Kefir & Granola Bowl.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Greek Yogurt, Banana & Cherry Granola Bowl, Orange, Carrot & Turmeric Smoothie, Spicy Smashed Chickpea & Avocado Wrap, Kefir & Granola Bowl.
		Enjoy leftover Turkey, Barley & Squash Soup for dinner.	Reheat in the microwave or in a pot.
		Portion Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.	Store in a container for a snack.
Prepare the eggs for Egg Salad Wrap tomorrow.		Boil eggs and prepare the egg salad to quickly make tomorrow's breakfast.	
6 Sat		Make Egg Salad Wrap.	Enjoy for breakfast or pack if you're on-the-go.
		Make Cherry Kefir Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Egg Salad Wrap, Cherry Kefir Smoothie, Turkey, Barley & Squash Soup, Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.

		Make Roasted Chicken, Beets & Brussels Sprouts with Barley for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cherries & Pumpkin Seeds.	Store in a container for a snack.
		Prepare the eggs for Egg Salad Wrap tomorrow.	Boil eggs and prepare the egg salad to quickly make tomorrow's breakfast.
7 Sun		Make Egg Salad Wrap.	Enjoy for breakfast or pack if you're on-the-go.
		Make Cherry Kefir Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Egg Salad Wrap, Cherry Kefir Smoothie, Roasted Chicken, Beets & Brussels Sprouts with Barley, Cherries & Pumpkin Seeds.
		Shop and prep for next week.	
		Enjoy leftover Turkey, Barley & Squash Soup for dinner.	Reheat in the microwave or in a pot.