

















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.
		Make Savory Golden Oats.	Divide between containers and store in the fridge for breakfasts.
		Portion out Yogurt & Peaches.	Divide between small containers and store in the fridge for snacks.
		Make Spiced Cauliflower Rice Bowl.	Divide between containers and store in the fridge for meals.
1 Mon		Make Sauerkraut Avocado Mash with Crackers.	Divide between containers and store in the fridge for snacks.
		Pack your meals if you are on-the-go.	Savory Golden Oats, Sauerkraut Avocado Mash with Crackers, Spiced Cauliflower Rice Bowl, Yogurt & Peaches.
		Make Mason Jar Lentil Salad with Tahini Dressing for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

2 Tue		Pack your meals if you are on-the-go.	Savory Golden Oats, Yogurt & Peaches, Mason Jar Lentil Salad with Tahini Dressing, Sauerkraut Avocado Mash with Crackers.
		Enjoy leftover Spiced Cauliflower Rice Bowl for dinner.	Reheat in the microwave or in a pan.
		Make Coconut Chia Seed Yogurt.	Divide between containers and store in the fridge for snacks.
		Portion out Raspberries.	Divide between small containers and store in the fridge for snacks.
3 Wed		Make Creamy Blueberry Smoothie.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Blueberry Smoothie, Raspberries, Spiced Cauliflower Rice Bowl, Coconut Chia Seed Yogurt.
		Make Charred Kale Salad with Tahini Dressing for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Creamy Blueberry Smoothie.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Blueberry Smoothie, Coconut Chia Seed Yogurt, Charred Kale Salad with Tahini Dressing, Raspberries.

4 Thu		Make Cabbage, Carrots & Mushroom Rice Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Coconut Hemp Seed Breakfast Pudding.	Divide between containers and store in the fridge for breakfasts.
		Portion out Coconut Yogurt with Strawberries and Peach.	Divide between small containers and store in the fridge for snacks.
5 Fri		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Peach, Cabbage, Carrots & Mushroom Rice Bowl, Coconut Chia Seed Yogurt.
		Make One Pot Cauliflower & Lentil Green Curry for dinner.	Enjoy and store leftovers in the fridge.
Portion out Peaches with Cinnamon.		Divide between containers and store in the fridge for snacks.	
6 Sat		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Coconut Chia Seed Yogurt, One Pot Cauliflower & Lentil Green Curry, Peaches with Cinnamon.
		Make Lemon Kale Salad with Chickpeas & Avocado for dinner.	Store leftovers in the fridge for lunch tomorrow.

7 Sun		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Peaches with Cinnamon, Lemon Kale Salad with Chickpeas & Avocado, Coconut Chia Seed Yogurt.
		Shop and prep for next week.	
		Enjoy leftover One Pot Cauliflower & Lentil Green Curry for dinner.	Reheat in the microwave or in a pot.