














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 salmon fillets into two portions and freeze one portion. Divide the chicken breasts into three portions and freeze two portions. Freeze the ground beef.	This guide will remind you to thaw them later in the week.
		Make Orange & Yogurt Breakfast Box.	Divide between containers and store in the fridge for snacks.
		Make Baked Salmon with Broccoli & Quinoa.	Divide between containers and store in the fridge for meals.
		Make Vanilla Protein Pancakes.	Divide between containers. Freeze half the portions for later in the week and store half in the fridge.
1 Mon		Make Creamy Vanilla Blueberry Protein Oats.	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.	Creamy Vanilla Blueberry Protein Oats, Orange & Yogurt Breakfast Box, Baked Salmon with Broccoli & Quinoa, Vanilla Protein Pancakes.

		Make Italian Chicken & Rice Meal Prep Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Yogurt with Granola & Banana.	Enjoy for a snack.
2 Tue		Pack your meals if you are on-the-go.	Creamy Vanilla Blueberry Protein Oats, Orange & Yogurt Breakfast Box, Italian Chicken & Rice Meal Prep Bowl, Vanilla Protein Pancakes.
		Enjoy Baked Salmon with Broccoli & Quinoa for dinner.	Reheat in the microwave or in a pan.
		Portion Yogurt with Granola & Banana.	Enjoy for a snack.
		Make Banana & Zucchini Protein Baked Oatmeal.	Divide between containers. Freeze half the portions for later in the week and store half in the fridge.
		Portion Greek Yogurt with Clementines & Pumpkin Seeds.	Store in the fridge for a snack.
		Take one portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Savory Egg & Beef Oats.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Pack your meals if you are on-the-go.	Savory Egg & Beef Oats, Banana & Zucchini Protein Baked Oatmeal, Baked Salmon with Broccoli & Quinoa, Greek Yogurt with Clementines & Pumpkin

			Seeds.
		Make Chicken & Kale Skillet with Chickpea Pasta for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cherries, Banana & Cottage Cheese.	Enjoy for a snack.
		Take the Vanilla Protein Pancakes out of the freezer.	Thaw in a container in the fridge for snacks.
	Take the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.	
4 Thu		Make Apple & Peanut Butter Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Savory Egg & Beef Oats, Apple & Peanut Butter Smoothie, Chicken & Kale Skillet with Chickpea Pasta, Banana & Zucchini Protein Baked Oatmeal.
		Make Beef, Zucchini & Mushrooms with Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Vanilla Protein Pancakes.	Enjoy for a snack.
		Portion out Cottage Cheese with Cherries & Pumpkin Seeds.	Store in a container for a snack tomorrow.
		Take the chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

5 Fri		Make Blueberry Banana Protein Smoothie with Apple.	Pour smoothie into a portable cup for a snack and pack apple on the side.
		Pack your meals if you are on-the-go.	Savory Egg & Beef Oats, Blueberry Banana Protein Smoothie with Apple, Beef, Zucchini & Mushrooms with Brown Rice, Cottage Cheese with Cherries & Pumpkin Seeds.
		Make Chicken & Chickpea Pasta Salad for dinner.	Enjoy and store leftovers in the fridge.
		Portion Vanilla Protein Pancakes.	Enjoy for a snack.
		Portion Greek Yogurt with Clementines & Pumpkin Seeds.	Store in the fridge for a snack.
		Take the Banana & Zucchini Protein Baked Oatmeal out of the freezer.	Thaw in a container in the fridge for snacks this weekend.
Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.		
6 Sat		Make Creamy Apple Pie Protein Oatmeal.	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.	Creamy Apple Pie Protein Oatmeal, Greek Yogurt with Clementines & Pumpkin Seeds, Chicken & Chickpea Pasta Salad, Banana & Zucchini Protein Baked Oatmeal.

		Make Salmon Quinoa Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Blueberry Banana Protein Smoothie.	Enjoy for a snack.
		Portion out Cherries, Banana & Cottage Cheese.	Store in a container for a snack tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Creamy Apple Pie Protein Oatmeal, Cherries, Banana & Cottage Cheese, Salmon Quinoa Salad, Banana & Zucchini Protein Baked Oatmeal.
		Shop and prep for next week.	
		Enjoy leftover Chicken & Chickpea Pasta Salad for dinner.	Reheat in the microwave.
		Make Whipped Peanut Butter Yogurt Bowl.	Enjoy for a snack.