

















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 ground turkey into two portions and freeze one portion. Divide the chicken breasts into three portions and freeze two portions.	This guide will remind you to thaw them later in the week.
		Portion Peanut Butter Stuffed Dates.	Store in a container for a snack.
		Make One Pot Turkey, Cabbage & Mushrooms with Brown Rice.	Divide between containers and store in the fridge for meals.
1 Mon		Make Banana Chocolate Protein Smoothie.	Enjoy immediately or pack in a portable cup if you're on-the-go.
		Make Nori Mackerel & Carrot Wraps.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Banana Chocolate Protein Smoothie, Peanut Butter Stuffed Dates, One Pot Turkey, Cabbage & Mushrooms with Brown Rice, Nori Mackerel & Carrot Wraps.

		Make Sheet Pan Pesto Chicken, Potatoes & Veggies for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cashews & Clementines.	Store in a container for a snack.
<b>2 Tue</b>		Make Banana Chocolate Protein Smoothie.	Enjoy immediately or pack in a portable cup if you're on-the-go.
		Make Avocado, Cucumber & Nori Snack Box.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Banana Chocolate Protein Smoothie, Avocado, Cucumber & Nori Snack Box, Sheet Pan Pesto Chicken, Potatoes & Veggies, Cashews & Clementines.
		Enjoy leftover One Pot Turkey, Cabbage & Mushrooms with Brown Rice for dinner.	Reheat in the microwave or in a pan.
		Portion Cashews & Clementines.	Store in a container for a snack.
Take the ground turkey out of the freezer.	Thaw on a plate in the fridge.		
<b>3 Wed</b>		Make Scrambled Egg Whites with Avocado & Banana.	Enjoy immediately or pack if you're on-the-go.
		Make Strawberry & Peanut Butter Smoothie.	Store in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Scrambled Egg Whites with Avocado & Banana,

			Strawberry & Peanut Butter Smoothie, One Pot Turkey, Cabbage & Mushrooms with Brown Rice, Cashew & Clementines.
		Make Pasta with Spinach & Turkey for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Strawberry Yogurt Chia Pudding.	Divide between containers and store in the fridge for breakfast.
		Take a portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge.
<b>4 Thu</b>		Make Peanut Butter Banana Oat Smoothie.	Store in a portable cup for a snack.
		Make Nori Mackerel & Carrot Wraps.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Strawberry Yogurt Chia Pudding, Peanut Butter Banana Oat Smoothie, Pasta with Spinach & Turkey, Nori Mackerel & Carrot Wraps.
		Make Parmesan Chicken & Kale Skillet with Steamed Mini Potatoes for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Peanut Butter Stuffed Dates.	Store in a container for a snack.
		Take the remaining portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge.

<b>5 Fri</b>		Make Avocado, Cucumber & Nori Snack Box.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Strawberry Yogurt Chia Pudding, Peanut Butter Stuffed Dates, Parmesan Chicken & Kale Skillet with Steamed Mini Potatoes, Avocado, Cucumber & Nori Snack Box.
		Make Chicken & Asparagus Pesto Pasta for dinner.	Enjoy and store leftovers in the fridge for meals this week
		Make Peanut Butter & Banana Protein Porridge.	Divide between containers and store in the fridge for breakfast.
		Portion Cashews & Clementines.	Store in a container for a snack.
Make Chocolate & Yogurt Cashew Chia Pudding.	Divide between containers and store in the fridge for snacks.		
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Peanut Butter & Banana Protein Porridge, Cashews & Clementines, Chicken & Asparagus Pesto Pasta, Chocolate & Yogurt Cashew Chia Pudding.
		Make Mackerel & Cucumber Rice Bowl for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Strawberry & Peanut Butter Smoothie.	Store in a portable cup for a snack.

7 Sun		Pack your meals if you are on-the-go.	Peanut Butter & Banana Protein Porridge, Chocolate & Yogurt Cashew Chia Pudding, Mackerel & Cucumber Rice Bowl, Strawberry & Peanut Butter Smoothie.
		Shop and prep for next week.	
		Enjoy leftover Chicken & Asparagus Pesto Pasta for dinner.	Reheat in the microwave or in a pan.