
















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 Spinach & Sweet Potato Egg Muffins.	Divide between containers and store in the fridge for breakfasts.
		Make Raspberry Overnight Oats.	Divide between containers and store in the fridge for snacks.
		Make Zucchini & Ground Beef Skillet with Quinoa.	Divide between containers and store in the fridge for meals.
		Make Tortilla & Bell Pepper Snack Plate.	Divide between containers and store in the fridge for snacks.
1 Mon		Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Raspberry Overnight Oats, Zucchini & Ground Beef Skillet with Quinoa, Tortilla & Bell Pepper Snack Plate.
		Make Chicken & Lentil Soup for dinner.	Divide between containers. Freeze half the portions for later in the week and store half in the fridge.

2 Tue		Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Tortilla & Bell Pepper Snack Plate, Zucchini & Ground Beef Skillet with Quinoa, Raspberry Overnight Oats.
		Enjoy leftover Chicken & Lentil Soup for dinner.	Reheat in the microwave.
		Make Avocado Beef Quesadilla.	Store in the fridge for lunch.
		Portion Crackers & Hummus.	Divide between containers and store in the fridge for snacks.
3 Wed		Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Raspberry Overnight Oats, Avocado Beef Quesadilla, Crackers & Hummus.
		Enjoy leftover Zucchini & Ground Beef Skillet with Quinoa for dinner.	Reheat in the microwave or in a pan.
		Make Avocado Beef Quesadilla.	Store in the fridge for lunch.
4 Thu		Make Chocolate Cherry Green Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Chocolate Cherry Green Smoothie, Avocado Beef Quesadilla, Crackers & Hummus.

		Make Tuna Chickpea Salad for dinner.	Divide leftovers between containers and store in the fridge.
		Make Almond Butter & Jam Chia Pudding.	Divide between containers and store in the fridge for breakfasts.
5 Fri		Make Chocolate Cherry Green Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Almond Butter & Jam Chia Pudding with Cherries, Crackers & Hummus, Tuna Chickpea Salad, Chocolate Cherry Green Smoothie.
		Make Avocado Beef Quesadilla for dinner.	Enjoy!
		Portion Bell Peppers & Hummus.	Divide between containers and store in the fridge for snacks.
		Take one portion of Chicken & Lentil Soup out of the freezer.	Thaw in the fridge for lunch tomorrow.
6 Sat		Make Chocolate Avocado Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on the go.	Almond Butter & Jam Chia Pudding with Cherries, Chocolate Avocado Smoothie, Chicken & Lentil Soup, Bell Peppers & Hummus.

		Enjoy leftover Tuna Chickpea Salad for dinner.	
		Take the remaining portion of Chicken & Lentil Soup out of the freezer.	Thaw in the fridge for dinner tomorrow.
7 Sun		Make Chocolate Avocado Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on the go.	Almond Butter & Jam Chia Pudding with Cherries, Chocolate Avocado Smoothie, Tuna Chickpea Salad, Bell Peppers & Hummus.
		Shop and prep for next week.	
		Enjoy leftover Chicken & Lentil Soup for dinner.	Reheat in the microwave or in a pot.