













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 Apple & Cinnamon Chia Pudding.	Divide between containers and store in the fridge for breakfast.
		Make Tempeh, Mushroom & Asparagus Stir Fry.	Divide between containers and store in the fridge for meals.
		Portion Coconut Yogurt with Peaches & Cinnamon.	Store in a container in the fridge for a snack.
1 Mon		Make Blueberry Basil Smoothie.	Store in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Apple & Cinnamon Chia Pudding, Blueberry Basil Smoothie, Tempeh, Mushroom & Asparagus Stir Fry, Coconut Yogurt with Peaches & Cinnamon.
		Make Edamame, Nori & Brown Rice Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Peach & Almonds.	Store in a container for a snack.

<b>2 Tue</b>		Make Blueberry Basil Smoothie.	Store in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Apple & Cinnamon Chia Pudding, Blueberry Basil Smoothie, Edamame, Nori & Brown Rice Salad, Peach & Almonds.
		Enjoy leftover Tempeh, Mushroom & Asparagus Stir Fry for dinner.	Reheat in the microwave or in a pan.
		Make Chocolate Blueberry Chia & Flax Pudding.	Divide between containers and store in the fridge for breakfast.
		Make One Pan Tempeh & Eggplant Stir Fry.	Divide between containers and store in the fridge for meals.
		Make Roasted Edamame.	Divide between containers and store for snacks.
<b>3 Wed</b>		Portion Apple Slices & Nori Crisps.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Chocolate Blueberry Chia & Flax Pudding, Apple Slices & Nori Crisps, One Pan Tempeh & Eggplant Stir Fry, Roasted Edamame.
		Make Chickpea Soba Noodle Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Brazil Nuts & Blueberries.	Store in a container for a snack.

4 Thu		Pack your meals if you are on-the-go.	Chocolate Blueberry Chia & Flax Pudding, Roasted Edamame, Chickpea Soba Noodle Bowl, Brazil Nuts & Blueberries.
		Make Cucumber & Kimchi Edamame Rice for dinner.	Enjoy and store leftovers in the fridge for dinner tomorrow.
		Portion Coconut Yogurt with Peaches & Cinnamon.	Store in a container in the fridge for a snack.
		Portion Sesame Cucumber Salad with Nori.	Store in a container in the fridge for a snack.
5 Fri		Pack your meals if you are on-the-go.	Chocolate Blueberry Chia & Flax Pudding, Coconut Yogurt with Peaches & Cinnamon, One Pan Tempeh & Eggplant Stir Fry, Sesame Cucumber Salad with Nori.
		Enjoy leftover Cucumber & Kimchi Edamame Rice for dinner.	Reheat in the microwave.
		Portion Sesame Cucumber Salad with Nori.	Store in a container in the fridge for a snack.
		Make Roasted Chickpeas, Eggplant & Asparagus with Rice.	Divide between containers and store in the fridge for meals.
	Portion Brazil Nut & Blueberry Coconut Yogurt Bowl.	Divide between containers and store in the fridge for snacks.	

6 Sat		Make Chocolate Peach Oat Bran Porridge.	Enjoy immediately or pack if you're on-the-go. Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Chocolate Peach Oat Bran Porridge, Sesame Cucumber Salad with Nori, Roasted Chickpeas, Eggplant & Asparagus with Rice, Brazil Nut & Blueberry Coconut Yogurt Bowl.
		Make Asparagus, Soba & Tempeh for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
7 Sun		Portion Apples & Almonds.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Chocolate Peach Oat Bran Porridge, Apples & Almonds, Asparagus, Soba & Tempeh, Brazil Nut & Blueberry Coconut Yogurt Bowl.
		Shop and prep for next week.	
		Enjoy leftover Roasted Chickpeas, Eggplant & Asparagus with Rice for dinner.	Reheat in the microwave or in a pan.