
















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 Blackberry Protein Overnight Oats.	Divide between containers and store in the fridge for breakfasts.
		Make Guacamole Rollups.	Divide between containers and store in the fridge for snacks.
		Make Hummus Pasta.	Divide between containers and store in the fridge for meals.
1 Mon		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Blackberry Protein Overnight Oats, Guacamole Rollups, Hummus Pasta, Peanut Butter Banana Oat Smoothie.
		Make Maple Roasted Tofu & Rutabaga Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.

2 Tue		Pack your meals if you are on-the-go.	Blackberry Protein Overnight Oats, Peanut Butter Banana Oat Smoothie, Maple Roasted Tofu & Rutabaga Bowl, Guacamole Rollups.
		Enjoy leftover Hummus Pasta for dinner.	Reheat in the microwave.
		Portion out Hummus & Veggies Snack Box.	Divide between containers and store in the fridge for snacks.
		Make Creamy Peanut Butter Banana Rollup.	Divide between containers and store in the fridge for snacks.
3 Wed		Pack your meals if you are on-the-go.	Blackberry Protein Overnight Oats, Hummus & Veggies Snack Box, Hummus Pasta, and Creamy Peanut Butter Banana Rollup.
		Make Grilled Tofu Pineapple Skewers with Arugula and Avocado for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Coconut Chia Seed Yogurt.	Divide between containers and store in the fridge for breakfasts.
4 Thu		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt, Creamy Peanut Butter Banana Rollup, Grilled Tofu Pineapple Skewers with Arugula, and Hummus & Veggies Snack Box.

		Make Creamy Pasta with Kale for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion out Blueberries.	Divide between containers and store in the fridge for snacks.
5 Fri		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt, Blueberries, Creamy Pasta with Kale, and Creamy Peanut Butter Banana Rollup.
		Make Maple Mustard Kale Salad with Crispy Tofu and Brown Rice for dinner.	Enjoy and store leftovers in the fridge.
		Make Peanut Butter & Jam Overnight Oats.	Divide between containers and store in the fridge for breakfasts.
		Portion out Almond Milk & Banana.	Divide between containers and store in the fridge for snacks.
		Make Roasted Edamame.	Divide between containers and store in the fridge for snacks.
6 Sat		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Almond Milk & Banana, Maple Mustard Kale Salad with Crispy Tofu and Brown Rice, and Roasted Edamame.
		Make Hummus & Veggie Wrap for dinner.	Store leftovers in the fridge for lunch tomorrow.

7 Sun		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Roasted Edamame, Hummus & Veggie Wrap, Almond Milk & Banana.
		Shop and prep for next week.	
		Enjoy leftover Maple Mustard Kale Salad with Crispy Tofu and Brown Rice for dinner.	Reheat in the microwave or in a pan.