













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 Chickpea & Edamame Quinoa Salad.	Divide between containers and store in the fridge for meals.
1 Mon		Make Raspberry & Almond Oatmeal.	Enjoy immediately or pack if you're on-the-go. Store the remaining portions in the fridge.
		Make Pear & Spinach Smoothie.	Store in a portable cup for a snack.
		Portion Apple Slices with Cinnamon.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Raspberry & Almond Oatmeal, Pear & Spinach Smoothie, Chickpea & Edamame Quinoa Salad, Apple Slices with Cinnamon.
		Make Curry Tofu & Spinach Chickpea Pasta for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Portion Apple & Almond Milk.	Store in a container and portable cup for a snack.
		Make Raspberry & Apple Flax Smoothie.	Store in a portable cup for a snack.

		Pack your meals if you are on-the-go.	Raspberry & Almond Oatmeal, Apple & Almond Milk, Curry Tofu & Spinach Chickpea Pasta, Raspberry & Apple Flax Smoothie.
		Make Cucumber & Edamame Salad for dinner.	Enjoy.
<b>3 Wed</b>		Make Pear & Spinach Smoothie.	Store in a portable cup for a snack.
		Portion Apple Slices with Cinnamon.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Raspberry & Almond Oatmeal, Pear & Spinach Smoothie, Chickpea & Edamame Quinoa Salad, Apple Slices with Cinnamon.
		Make Edamame, Broccoli & Chickpea Pasta Salad for dinner.	Enjoy and store leftovers in the fridge for dinner tomorrow.
		Make Cinnamon Pear Overnight Oats.	Divide between containers and store in the fridge for breakfast.
		Make Smashed Chickpea Salad.	Divide between containers and store in the fridge for lunches.
<b>4 Thu</b>		Make Raspberry & Apple Flax Smoothie.	Store in a portable cup for a snack.

		Portion Raspberries.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Cinnamon Pear Overnight Oats, Raspberry & Apple Flax Smoothie, Smashed Chickpea Salad, Raspberries.
		Enjoy leftover Edamame, Broccoli & Chickpea Pasta Salad for dinner.	Reheat in the microwave or in a pan.
		Portion Edamame.	Store in a container for a snack.
<b>5 Fri</b>		Make Simple Vanilla Protein Shake.	Store in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Cinnamon Pear Overnight Oats, Simple Vanilla Protein Shake, Smashed Chickpea Salad, Edamame.
		Make Tofu Quinoa Bowl for dinner.	Enjoy and store leftovers in the fridge for meals this week.
		Make Raspberry Chia Protein Pudding.	Divide between containers and store in the fridge for breakfast.
<b>6 Sat</b>		Portion Pear & Almonds.	Store in a container for a snack.
		Make Simple Vanilla Protein Shake.	Store in a portable cup for a snack.

		Pack your meals if you are on-the-go.	Cinnamon Pear Overnight Oats, Pear & Almonds, Tofu Quinoa Bowl, Simple Vanilla Protein Shake.
		Make Chickpea, Quinoa & Artichoke Masjon Jar Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
<b>7 Sun</b>		Make Simple Vanilla Protein Shake.	Store in a portable cup for a snack.
		Portion Pear & Almonds.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Cinnamon Pear Overnight Oats, Simple Vanilla Protein Shake, Chickpea, Quinoa & Artichoke Masjon Jar Salad, Pear & Almonds.
		Shop and prep for next week.	
		Enjoy leftover Tofu Quinoa Bowl for dinner.	Reheat in the microwave or in a pan.