

















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 One Pan Tofu, Brussels Sprouts & Cauliflower.	Divide between containers and store in the fridge.
		Make Blueberry Chia Parfait.	Divide between containers and store in the fridge for snacks. Add toppings just before serving.
		Portion out almonds for the week.	Divide between small containers and store for snacks.
		Make Overnight Vanilla Protein Oats for breakfasts.	Divide between containers and store in the fridge. Add toppings just before serving.
1 Mon		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats, Apples & Almonds, One Pan Tofu, Brussels Sprouts & Cauliflower, and Blueberry Chia Parfait.
		Make Mediterranean Chickpea Quinoa Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats, Blueberry Chia Parfait, Mediterranean Chickpea Quinoa Bowl, and Apples & Almonds.

Tue		Enjoy leftover One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Reheat in the microwave, oven or in a pan.
		Make Veggie Pita Pizza with Hummus for snacks.	Divide between containers and store in the fridge. Reheat and add toppings just before serving.
3 Wed		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats, Apples & Almonds, One Pan Tofu, Brussels Sprouts & Cauliflower, and Veggie Pita Pizza with Hummus.
		Make Lemon Kale Salad with Chickpeas & Avocado for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow. Add the avocado just before serving
		Make Berry & Nut Breakfast Bowls.	Divide between containers and store in the fridge.
4 Thu		Pack your meals if you are on-the-go.	Berry & Nut Breakfast Bowl, Veggie Pita Pizza with Hummus, Lemon Kale Salad with Chickpeas & Avocado, and Apple.
		Make Burrito Bowl with Quinoa Tofu Taco Filling for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion out ingredients for Pita, Hummus & Red Pepper Snack Plate.	Divide between containers and store in the fridge.
5 Fri		Pack your meals if you are on-the-go.	Berry & Nut Breakfast Bowl, Pita, Hummus & Red Pepper Snack Plate, Burrito Bowl with Quinoa Tofu

			Taco Filling, and Almonds.
		Make Crispy Tofu Meal Prep Bowls for dinner.	Enjoy and store leftovers in the fridge.
6 Sat		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Almonds, Crispy Tofu Meal Prep Bowl, and Pita, Hummus & Red Pepper Snack Plate.
		Make Spaghetti with Pesto & Roasted Tomatoes for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Pita, Hummus & Red Pepper Snack Plate, Spaghetti with Pesto & Roasted Tomatoes, and Almonds.
		Shop and prep for next week.	
		Enjoy leftover Crispy Tofu Meal Prep Bowl for dinner.	Reheat in the microwave or in a pan.