
















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 Sunflower Seed Apple Porridge.	Divide between containers and store in the fridge for breakfasts.
		Make Tofu Tikka Masala.	Divide between containers and store in the fridge for meals.
		Portion Blackberries and Coconut Yogurt with Sunflower Seed Butter.	Divide between containers and store in the fridge for snacks.
1 Mon		Make Earl Grey Muesli.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Sunflower Seed Apple Porridge, Earl Grey Muesli, Tofu Tikka Masala, Blackberries and Coconut Yogurt with Sunflower Seed Butter.
		Make Lentil, Sweet Potato & Arugula Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on the go.	Sunflower Seed Apple Porridge, Blackberries and Coconut Yogurt with Sunflower Seed Butter, Lentil,

			Sweet Potato & Arugula Salad, Earl Grey Muesli.
		Enjoy leftover Tofu Tikka Masala for dinner.	Reheat in the microwave.
		Make Brown Rice Chips with Bell Pepper & Taco Dip.	Divide between containers and store in the fridge for snacks.
3 Wed		Make Muesli with Yogurt & Blueberries.	Enjoy immediately or pack if you're on the go.
		Make Creamy Sweet Potato Toast.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Muesli with Yogurt & Blueberries, Brown Rice Chips with Bell Pepper & Taco Dip, Tofu Tikka Masala, Creamy Sweet Potato Toast.
		Make Falafel Salad with Green Tahini Sauce for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Apple & Creamy Sunflower Dip.	Pack in a container for a snack.
4 Thu		Pack your meals if you are on the go.	Muesli with Yogurt & Blueberries, Apple & Creamy Sunflower Dip, Falafel Salad with Green Tahini Sauce, Brown Rice Chips with Bell Pepper & Taco Dip.
		Make Crispy Baked Tofu and Coconut Rice with Beans for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Portion Pear & Walnuts.	Pack in a container for a snack.
5 Fri		Make Creamy Sweet Potato Toast.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Muesli with Yogurt & Blueberries, Pear & Walnuts, Crispy Baked Tofu and Coconut Rice with Beans, Creamy Sweet Potato Toast.
		Make Sweet Potato Quesadillas for dinner.	Enjoy and store leftovers in the fridge.
		Make Apple Crisp Yogurt Bowls.	Pack in a container for a snack.
		Portion Blueberries & Toasted Walnuts.	Pack in a container for a snack.
6 Sat		Make Blackberry & Pear Oat Smoothie.	Enjoy immediately or pack if you're on the go.
		Pack your meals if you are on the go.	Blackberry & Pear Oat Smoothie, Apple Crisp Yogurt Bowls, Sweet Potato Quesadillas, Blueberries & Toasted Walnuts.
		Make Fajita Spiced Tofu & Rice for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Make Blackberry & Pear Oat Smoothie.	Enjoy immediately or pack if you're on the go.

		Pack your meals if you are on the go.	Blackberry & Pear Oat Smoothie, Blueberries & Toasted Walnuts, Fajita Spiced Tofu & Rice, Apple Crisp Yogurt Bowls.
		Shop and prep for next week.	
		Enjoy leftover Sweet Potato Quesadillas for dinner.	Reheat in the microwave or in a pan.