









Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list. Adjust serving sizes if necessary and mark off any items you already have.
		Make Banana & Nut Quinoa Bowl.	Divide between containers and store in the fridge for breakfasts.
		Portion out Creamy Pesto Dip Snack Plate.	Divide between containers and store in the fridge for snacks.
		Make Lentil Meatballs & Pasta.	Divide between containers and store in the fridge for meals.
		Make Coconut Yogurt Parfait.	Divide between containers and store in the fridge for snacks.
1 Mon		Pack your meals if you are on-the-go.	Banana & Nut Quinoa Bowl, Creamy Pesto Dip Snack Plate, Lentil Meatballs & Pasta, Coconut Yogurt Parfait.
		Make Lentil & Corn Chopped Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

2 Tue		Pack your meals if you are on-the-go.	Banana & Nut Quinoa Bowl, Coconut Yogurt Parfait, Lentil & Corn Chopped Salad, Creamy Pesto Dip Snack Plate.
		Enjoy leftover Lentil Meatballs & Pasta for dinner.	Reheat in the microwave.
		Make Cornmeal Porridge with Peanut Butter.	Divide between containers and store in the fridge for breakfasts.
		Portion out Almonds.	Divide between containers and store for snacks.
3 Wed		Pack your meals if you are on-the-go.	Cornmeal Porridge with Peanut Butter, Creamy Pesto Dip Snack Plate, Lentil Meatballs & Pasta, Almonds.
		Make Mediterranean Chickpea Quinoa Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion out Creamy Pesto Dip & Crackers.	Divide between containers and store in the fridge for snacks.
4 Thu		Pack your meals if you are on-the-go.	Cornmeal Porridge with Peanut Butter, Almonds, Mediterranean Chickpea Quinoa Bowl, Creamy Pesto Dip & Crackers.
		Make Lemony White Bean & Quinoa Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Roasted Chickpeas.	Divide between containers and store in the fridge.

5 Fri		Pack your meals if you are on-the-go.	Cornmeal Porridge with Peanut Butter, Creamy Pesto Dip & Crackers, Lemony White Bean & Quinoa Bowl, Roasted Chickpeas.
		Make Hummus Pasta for dinner.	Enjoy and store leftovers in the fridge.
		Make Cherry Yogurt Bowl.	Divide between containers and store in the fridge for breakfasts.
		Portion out Toasted Walnuts & Banana.	Divide between containers and store in the fridge for snacks.
6 Sat		Pack your meals if you are on-the-go.	Cherry Yogurt Bowl, Roasted Chickpeas, Hummus Pasta, Toasted Walnuts & Banana.
		Make Pesto Quinoa & White Bean Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Cherry Yogurt Bowl, Toasted Walnuts & Banana, Pesto Quinoa & White Bean Salad, Roasted Chickpeas.
		Shop and prep for next week.	
		Enjoy leftover Hummus Pasta for dinner.	Reheat in the microwave.