













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.
		Divide the ground beef into two portions and freeze one portion. Freeze the chicken breasts.	This guide will remind you to thaw them later in the week.
		Make Beef, Spinach & Tomato Rice Bowl.	Divide between containers and store in the fridge for meals this week.
		Make Banana Chia Crisps.	Divide between containers and store in the fridge for snacks this week.
1 Mon		Make Cinnamon Protein Oats.	Enjoy immediately or pack if you're on-the-go. Store leftovers in the fridge for breakfast tomorrow.
		Portion Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Cinnamon Protein Oats, Greek Yogurt with Orange, Blueberries & Pumpkin Seeds, Beef, Spinach & Tomato Rice Bowl, Banana Chia Crisps.

		Make Mackerel, Quinoa & Kale Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Frest Mint Tea.	Enjoy before bedtime.
2 Tue		Portion Dark Chocolate & Walnuts.	Store in a portable cup for a snack.
		Portion Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Cinnamon Protein Oats, Dark Chocolate & Walnuts, Mackerel, Quinoa & Kale Salad, Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.
		Enjoy leftover Beef, Spinach & Tomato Rice Bowl for dinner.	Reheat in the microwave or in a pan.
Make Chamomile Tea.		Enjoy before bedtime.	
3 Wed		Make Creamy Vanilla Blueberry Protein Oatmeal.	Enjoy immediately or pack if you're on-the-go. Store leftovers in the fridge for breakfast this week.
		Portion Mackerel Salad with Peppers, Snap Peas & Blueberries.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Creamy Vanilla Blueberry Protein Oatmeal, Banana Chia Crisps, Beef, Spinach & Tomato Rice Bowl,

			Mackerel Salad with Peppers, Snap Peas & Blueberries.
		Make Quinoa, Lentil & Kale Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the portion of ground beef out of the freezer.	Thaw on a plate in the fridge.
		Make Ginger Mint Tea.	Enjoy before bedtime.
4 Thu		Portion Dark Chocolate & Walnuts.	Store in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Creamy Vanilla Blueberry Protein Oatmeal, Dark Chocolate & Walnuts, Quinoa, Lentil & Kale Salad, Banana Chia Crisps.
		Make One Pan Red Pepper Rice & Beef with Greek Yogurt for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Pretzels & Dates.	Store in a container for a snack.
		Take the chicken breasts out of the freezer.	Thaw on a plate in the fridge.
		Make Chamomile Tea.	Enjoy before bedtime.
5 Fri		Portion Mackerel Salad with Peppers, Snap Peas & Blueberries.	Store in a container in the fridge for a snack.

		Portion Orange & Dark Chocolate.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Creamy Vanilla Blueberry Protein Oatmeal, Mackerel Salad with Peppers, Snap Peas & Blueberries, One Pan Red Pepper Rice & Beef with Greek Yogurt, Orange & Dark Chocolate.
		Make Brown Rice, Chicken & Edamame Bowl for dinner.	Enjoy and store leftovers in the fridge for meals this week.
		Portion Blueberries & Walnuts.	Store in a container for a snack.
		Make Frest Mint Tea.	Enjoy before bedtime.
6 Sat		Make Creamy Chocolate Banana Smoothie.	Enjoy immediately or store in a portable cup if you're on-the-go.
		Portion Yogurt & Orange Slices.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Creamy Chocolate Banana Smoothie, Yogurt & Orange Slices, Brown Rice, Chicken & Edamame Bowl, Blueberries & Walnuts.
		Make Citrus Quinoa Veggie Bowl for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion Blueberries & Walnuts.	Store in a container for a snack.

		Make Chamomile Tea.	Enjoy before bedtime.
7 Sun		Make Creamy Chocolate Banana Smoothie.	Enjoy immediately or store in a portable cup if you're on-the-go.
		Portion Orange & Dark Chocolate.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Creamy Chocolate Banana Smoothie, Blueberries & Walnuts, Citrus Quinoa Veggie Bowl, Orange & Dark Chocolate.
		Shop and prep for next week.	
		Enjoy leftover Brown Rice, Chicken & Edamame Bowl for dinner.	Reheat in the microwave or in a pan.
		Make Ginger Mint Tea.	Enjoy before bedtime.