














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 Coconut Yogurt Chia Pudding.	Divide between containers and store in the fridge for breakfast this week.
		Make Sunflower Seed Butter & Strawberry Sandwich.	Divide between containers and store in the fridge for snacks this week.
		Make Mushroom & Edamame Stir Fry.	Divide between containers and store in the fridge.
		Make Toasted Trail Mix.	Divide between containers and store in the fridge for snacks this week.
		Optional: Portion smoothie ingredients into small ziploc bags so you can just add them to the blender with liquid for quick and easy mornings.	Store in the freezer.
1 Mon		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Sunflower Seed Butter & Strawberry Sandwich, Mushroom & Edamame Stir Fry, and Toasted Trail Mix.

		Make Thai Cauliflower & Sweet Potato Curry for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Toasted Trail Mix, Thai Cauliflower & Sweet Potato Curry, and Sunflower Seed Butter & Strawberry Sandwich.
		Enjoy leftover Mushroom & Edamame Stir Fry for dinner.	Reheat in the oven or microwave.
<b>3 Wed</b>		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Pear & Walnuts, Mushroom & Edamame Stir Fry, and Toasted Trail Mix.
		Make One Pan Tempeh & Veggies for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Roasted Edamame.	Divide between containers and store in the fridge for snacks this week.
<b>4 Thu</b>		Make Strawberry Almond Protein 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.	Strawberry Almond Protein Smoothie, Roasted Edamame, One Pan Tempeh & Veggies, and Pear & Walnuts.

		Make Chickpea Tikka Masala with Couscous for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
<b>5 Fri</b>		Make Strawberry Almond Protein 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.	Strawberry Almond Protein Smoothie, Pear & Walnuts, Chickpea Tikka Masala with Couscous, and Roasted Edamame.
		Make One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Enjoy and store leftovers in the fridge.
		Make Savoury Golden Oats.	Divide between containers and store in the fridge for breakfast this week. Reheat with additional broth on the stove or in the microwave when ready to serve.
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Savoury Golden Oats, Almond, Chia & Banana Toast, One Pan Tofu, Brussels Sprouts & Cauliflower, and Roasted Edamame.
		Make Japanese Eggplant & Tofu Stir Fry for dinner.	Store leftovers in the fridge for lunch tomorrow.
<b>7</b>		Pack your meals if you are on-the-go.	Savoury Golden Oats, Pear & Walnuts, Japanese Eggplant & Tofu Stir, and Almond, Chia & Banana Toast.

<b>Sun</b>		Shop and prep for next week.	
		Enjoy leftover One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Reheat in the oven or microwave.