













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 chicken breasts into two portions and freeze one portion. Freeze the ground beef and salmon fillets.	This guide will remind you to thaw them later in the week.
		Make Strawberry Chocolate Overnight Oats.	Divide between containers and store in the fridge for breakfast.
		Portion Apple with Peanut Butter.	Store in a container for a snack.
		Portion Almond Milk & Banana.	Store for a snack.
1 Mon		Make Turmeric Chickpea Sandwich for lunch.	Pack in a container for lunch.
		Pack your meals if you are on-the-go.	Strawberry Chocolate Overnight Oats, Apple with Peanut Butter, Turmeric Chickpea Sandwich, Almond Milk & Banana.
		Make Chicken with Sweet Potato & Peppers for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Almond Milk & Banana.	Store for a snack.

		Portion Apple with Peanut Butter.	Store in a container for a snack.
2 Tue		Pack your meals if you are on-the-go.	Strawberry Chocolate Overnight Oats, Almond Milk & Banana, Chicken with Sweet Potato & Peppers, Apple with Peanut Butter.
		Make Turmeric Chickpea Sandwich for dinner.	Enjoy!
		Portion Yogurt with Granola & Banana.	Store in the fridge for a snack tomorrow.
		Take chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Chickpea Shakshuka.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Make Strawberry Banana Smoothie.	Pour into a portable cup for a snack.
		Make Turmeric Chickpea Sandwich.	Pack in a container for lunch.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Yogurt with Granola & Banana, Turmeric Chickpea Sandwich, Strawberry Banana Smoothie.
		Make Roasted Chicken & Sweet Potato with Spinach for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

4 Thu		Make Strawberry Banana Smoothie.	Pour into a portable cup for a snack.
		Make Peanut Butter & Banana Sandwich.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Strawberry Banana Smoothie, Roasted Chicken & Sweet Potato with Spinach, Peanut Butter & Banana Sandwich.
		Make Ground Beef & Pesto Veggie with Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion out Greek Yogurt & Strawberries.	Store in a container for a snack tomorrow.
		Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Peanut Butter Banana Oat Smoothie, Ground Beef & Pesto Veggie with Brown Rice, Greek Yogurt & Strawberries.
		Make Salmon with Rice & Broccoli for dinner.	Enjoy and store leftovers in the fridge.
		Make Banana & Nut Chia Oats.	Divide between containers and store in the fridge for breakfast.

		Portion out Granola, Yogurt & Berry Snack Box.	Store in a container for a snack tomorrow.
6 Sat		Make Peanut Butter & Banana Sandwich.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Granola, Yogurt & Berry Snack Box, Salmon with Rice & Broccoli, Peanut Butter & Banana Sandwich.
		Make Smashed Chickpea Spinach Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion out Granola, Yogurt & Berry Snack Box.	Store in a container for a snack tomorrow.
7 Sun		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Peanut Butter Banana Oat Smoothie, Smashed Chickpea Spinach Salad, Granola, Yogurt & Berry Snack Box.
		Shop and prep for next week.	
		Enjoy leftover Salmon with Rice & Broccoli for dinner.	Reheat in the microwave or in a pan.