










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 salmon fillets and chicken breasts into two portions and freeze one portion of each.	This guide will remind you to thaw them later in the week.
		Make Kiwi & Walnut Overnight Oats.	Divide between containers and store in the fridge for breakfast.
		Make Deconstructed Falafel.	Divide between containers and store in the fridge for meals.
1 Mon		Make Citrus Avocado Smoothie.	Store in a portable cup for a snack.
		Portion Cherries, Banana & Cottage Cheese.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Kiwi & Walnut Overnight Oats, Citrus Avocado Smoothie, Deconstructed Falafel, Cherries, Banana & Cottage Cheese.
		Make Roasted Chicken, Veggies & Quinoa with Tahini Sauce for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Make Tortilla & Bell Pepper Snack Plate.	Divide between containers and store in the fridge for snacks.
		Make Turmeric & Chamomile Tea Latte.	Enjoy before bedtime.
2 Tue		Portion Cherries, Banana & Cottage Cheese.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Kiwi & Walnut Overnight Oats, Cherries, Banana & Cottage Cheese, Roasted Chicken, Veggies & Quinoa with Tahini Sauce, Tortilla & Bell Pepper Snack Plate.
		Make Salmon with Rice & Greens for dinner.	Enjoy and store leftovers in the fridge for dinner tomorrow.
		Make Tart Cherry Mocktail.	Enjoy before bedtime.
3 Wed		Make Banana Walnut Cottage Cheese Oatmeal.	Enjoy immediately or pack if you're on-the-go. Store leftovers in the fridge for breakfast tomorrow.
		Portion Banana Kiwi Yogurt Parfait.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Banana Walnut Cottage Cheese Oatmeal, Tortilla & Bell Pepper Snack Plate, Deconstructed Falafel, Banana Kiwi Yogurt Parfait.
		Enjoy leftover Salmon with Rice & Greens for dinner.	Reheat in the microwave or in a pan.

		Portion Greek Yogurt, Almonds & Cherries.	Store in a container in the fridge for a snack.
		Portion Kiwi & Almonds.	Store in a container for a snack.
		Take a portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge.
		Make Turmeric & Chamomile Tea Latte.	Enjoy before bedtime.
4 Thu		Make Smashed Chickpea Salad Wrap.	Store in a container in the fridge for lunch.
		Pack your meals if you are on-the-go.	Banana Walnut Cottage Cheese Oatmeal, Greek Yogurt, Almonds & Cherries, Smashed Chickpea Salad Wrap, Kiwi & Almonds.
		Make Baked Chicken with Kiwi Avocado Salsa and Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Cherry & Walnut Chia Overnight Parfait.	Divide between containers and store in the fridge for breakfast.
		Make Tart Cherry Mocktail.	Enjoy before bedtime.
5 Fri		Make Almond Butter Banana Wrap.	Store in a container for a snack.
		Make Tart Cherry Mocktail.	Store in a portable cup for a snack.

		Pack your meals if you are on-the-go.	Cherry & Walnut Chia Overnight Parfait, Almond Butter Banana Wrap, Baked Chicken with Kiwi Avocado Salsa with Brown Rice, Tart Cherry Mocktail.
		Make Shawarma Spiced Chickpeas & Potatoes for dinner.	Enjoy and store leftovers in the fridge for dinner later this week.
		Portion Kiwi & Almonds.	Store in a container for a snack.
		Take the portion of salmon fillets out of the freezer.	Thaw on a plate in the fridge.
		Make Chamomile Tea Latte.	Enjoy before bedtime.
6 Sat		Make Smashed Chickpea Salad Wrap.	Store in a container in the fridge for lunch.
		Portion Banana with Almond Butter.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Cherry & Walnut Chia Overnight Parfait, Kiwi & Almonds, Smashed Chickpea Salad Wrap, Banana with Almond Butter.
		Make Salmon Quinoa Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Tart Cherry Mocktail.	Enjoy before bedtime.

7 Sun		Make Citrus Avocado Smoothie.	Store in a portable cup for a snack.
		Make Almond Butter Banana Wrap.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Cherry & Walnut Chia Overnight Parfait, Citrus Avocado Smoothie, Salmon Quinoa Salad, Almond Butter Banana Wrap.
		Shop and prep for next week.	
		Enjoy leftover Shawarma Spiced Chickpeas & Potatoes for dinner.	Reheat in the microwave or in a pan.
		Make Chamomile Tea Latte.	Enjoy before bedtime.