

















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.
		Portion Bell Peppers with Hummus.	Store in a container for a snack.
		Make Edamame & Barley Spinach Salad.	Divide between containers and store in the fridge for meals.
		Portion Raspberry Vanilla Protein Yogurt Parfait.	Store in a container for a snack.
1 Mon		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Bell Peppers with Hummus & Green Tea, Edamame & Barley Spinach Salad, Raspberry Vanilla Protein Yogurt Parfait.
		Make Spiced Cauliflower Rice & Beans with Sautéed Spinach with Toasted Pecans for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Kiwi Yogurt Parfait.	Store in a container for a snack.
		Portion Hummus & Veggies Snack Box.	Store in a container for a snack.

2 Tue		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Kiwi Yogurt Parfait, Spiced Cauliflower Rice & Beans with Sautéed Spinach with Toasted Pecans, Hummus & Veggies Snack Box.
		Enjoy Edamame & Barley Spinach Salad for dinner.	
		Portion Hummus & Veggies Snack Box.	Store in a container for a snack.
		Portion Raspberry Vanilla Protein Yogurt Parfait.	Store in a container for a snack.
3 Wed		Make Tofu Scramble with Lentils & Spinach.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Pack your meals if you are on-the-go.	Tofu Scramble with Lentils & Spinach, Hummus & Veggies Snack Box, Edamame & Barley Spinach Salad, Raspberry Vanilla Protein Yogurt Parfait.
		Make Baked Tofu & Cabbage with Peanut Ginger Sauce for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Kiwi & Pecans.	Store in a container for a snack.
		Make Edamame Hummus with Veggies.	Divide between containers and store in the fridge for snacks.

4 Thu		Pack your meals if you are on-the-go.	Tofu Scramble with Lentils & Spinach, Kiwi & Pecans, Baked Tofu & Cabbage with Peanut Ginger Sauce, Edamame Hummus with Veggies.
		Make Citrus, Edamame & Kale Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Make Raspberry Pecan Warm Chia Pudding.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Pack your meals if you are on-the-go.	Raspberry Pecan Warm Chia Pudding, Edamame Hummus with Veggies, Citrus, Edamame & Kale Salad, Grapefruit with Green Tea.
		Make Pesto Barley & Tofu Bowl for dinner.	Enjoy and store leftovers in the fridge.
		Portion Pecans & Blueberries.	Store in a container for a snack.
6 Sat		Pack your meals if you are on-the-go.	Raspberry Pecan Warm Chia Pudding, Edamame Hummus with Veggies, Pesto Barley & Tofu Bowl, Pecans & Blueberries.
		Make Slow Cooker Kidney Bean & Barley Chili for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion Bell Peppers with Hummus.	Store in a container for a snack.

		Portion Kiwi Yogurt Parfait.	Store in a container for a snack.
7 Sun		Pack your meals if you are on-the-go.	Raspberry Pecan Warm Chia Pudding, Bell Peppers with Hummus & Green Tea, Slow Cooker Kidney Bean & Barley Chili, Kiwi Yogurt Parfait.
		Shop and prep for next week.	
		Enjoy leftover Pesto Barley & Tofu Bowl for dinner.	Reheat in the microwave or in a pan.