

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.
		Freeze the salmon fillets. Divide the chicken breasts into two portions and freeze one portion. Divide the ground beef into two portions and freeze one portion.	This guide will remind you to thaw them later in the week.
		Make Banana & Nut Chia Oats.	Divide between containers and store in the fridge for breakfast.
		Make Brown Rice, Chicken & Edamame Bowl.	Divide between containers and store in the fridge for meals.
		Make Peanut Butter & Raspberry Yogurt.	Divide between containers and store in the fridge for snacks.
1 Mon		Make Bagel & Peanut Butter.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Bagel & Peanut Butter, Brown Rice, Chicken & Edamame Bowl, Peanut Butter & Raspberry Yogurt.

		Make Cauliflower Alfredo Spaghetti for dinner.	Enjoy and store leftovers in the fridge for dinner later in the week.
		Make Kale & Purple Cabbage Beef Hash.	Divide between containers and store in the fridge for lunches this week.
2 Tue		Make Spinach & Salsa Omelette for breakfast.	Enjoy immediately or pack if you're on-the-go.
		Portion Avocado with Everything Bagel Seasoning.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Spinach & Salsa Omelette, Peanut Butter & Raspberry Yogurt, Kale & Purple Cabbage Beef Hash, Avocado with Everything Bagel Seasoning.
		Enjoy leftover Brown Rice, Chicken & Edamame Bowl for dinner.	Reheat in the microwave or in a pan.
Portion Yogurt with Peaches & Granola.		Store in a container for a snack.	
3 Wed		Make Bagel & Peanut Butter.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Bagel & Peanut Butter, Brown Rice, Chicken & Edamame Bowl, Yogurt with Peaches & Granola.
		Enjoy leftover Cauliflower Alfredo Spaghetti for dinner.	Reheat in the microwave or in a pan.

		Make Garlic & Parmesan Roasted Edamame.	Divide between containers and store in the fridge for snacks.
		Take salmon fillets and chicken breasts out of the freezer.	Thaw on a plate in the fridge.
4 Thu		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Garlic & Parmesan Roasted Edamame, Kale & Purple Cabbage Beef Hash, Peanut Butter & Raspberry Yogurt.
		Make Massaged Kale Salad with Salmon for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Meal Prep Spaghetti with Chicken, Spinach & Tomatoes.	Divide between containers and store in the fridge for meals this week.
		Make Chocolate Peanut Butter Overnight N'Oats.	Divide between containers and store in the fridge for snacks.
5 Fri		Make Spinach & Salsa Omelette for breakfast.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Spinach & Salsa Omelette, Garlic & Parmesan Roasted Edamame, Meal Prep Spaghetti with Chicken, Spinach & Tomatoes, Chocolate Peanut Butter Overnight N'Oats.

		Enjoy leftover Massaged Kale Salad with Salmon for dinner.	Reheat the salmon in the microwave or in a pan.
		Portion Yogurt with Granola & Banana.	Store in a container for a snack.
		Portion Raspberries.	Store in a container for a snack.
		Take the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Scrambled Eggs with Toasted Bagel & Peach for breakfast.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Scrambled Eggs with Toasted Bagel & Peach, Yogurt with Granola & Banana, Meal Prep Spaghetti with Chicken, Raspberries.
		Make Beef Stuffed Eggplant for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Make Eggvocado.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Eggvocado, Garlic & Parmesan Roasted Edamame, Beef Stuffed Eggplant, Chocolate Peanut Butter Overnight N'Oats.

		Shop and prep for next week.	
		Enjoy leftover Meal Prep Spaghetti with Chicken for dinner.	Reheat in the microwave or in a pan.