

| Day | | Task | Notes |
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| 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 and freeze the ground beef and chicken breasts. | Divide the ground beef and chicken breasts into three portions and freeze two portions of each protein. This guide will remind you to thaw them later in the week. |
| | | Make Apple & Creamy Sunflower Dip. | Divide between containers and store in the fridge for snacks. |
| | | Make Coconut Yogurt Chicken and Sweet Potato Fries with Creamy Salsa. | Divide between containers and store in the fridge for meals. |
| | | Make Broccoli & Spiced Yogurt. | Divide between containers and store in the fridge for snacks. |
| 1 Mon |  | Make Spinach & Salsa Omelette and Apple & Sweet Potato Hash. | Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow. |
| | | Pack your meals if you are on-the-go. | Spinach & Salsa Omelette, Apple & Sweet Potato Hash, Apple & Creamy Sunflower Dip, Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa, Broccoli & Spiced Yogurt. |

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| |  | Make Beef & Shredded Veggies with Rice for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| 2 Tue |  | Pack your meals if you are on-the-go. | Spinach & Salsa Omelette, Apple & Sweet Potato Hash, Broccoli & Spiced Yogurt, Beef & Shredded Veggies with Rice, Apple & Creamy Sunflower Dip. |
| |  | Enjoy leftover Coconut Yogurt Chicken and Sweet Potato Fries with Creamy Salsa for dinner. | Reheat in the microwave or oven. |
| |  | Make Creamy Sweet Potato Toast. | Divide between containers and store in the fridge for snacks. |
| 3 Wed |  | Take one portion of the ground beef out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |
| |  | Make Beef & Salsa Breakfast Skillet and Shredded Sweet Potatoes. | Enjoy immediately or pack if you're on-the-go and store leftovers between containers. |
| |  | Pack your meals if you are on-the-go. | Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Apple & Creamy Sunflower Dip, Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa, Creamy Sweet Potato Toast. |
| |  | Make Ground Beef, Broccoli & Rice for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |

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| | | Make Egg & Apple Snack Plate. | Divide between containers and store in the fridge for snacks. |
| | | Take one portion of the chicken breast out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |
| 4 Thu |  | Pack your meals if you are on-the-go. | Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Creamy Sweet Potato Toast, Ground Beef, Broccoli & Rice, Egg & Apple Snack Plate. |
| |  | Make Slow Cooker Salsa Chicken and Broccoli & Jasmine Rice for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Take one portion of the chicken breast out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |
| 5 Fri |  | Pack your meals if you are on-the-go. | Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Egg & Apple Snack Plate, Salsa Chicken, Broccoli & Jasmine Rice, Creamy Sweet Potato Toast. |
| |  | Make Curried Chicken with Broccoli & Sweet Potato for dinner. | Enjoy and store leftovers in the fridge. |
| | | Make Coconut Yogurt with Sunflower Seed Butter. | Divide between containers and store in the fridge for snacks. |
| | | Make Apple with Sunflower Seed Butter. | Divide between containers and store in the fridge for snacks. |

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| | | Take one portion of the ground beef out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |
| 6 Sat |  | Make Spinach & Sweet Potato Frittata. | Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow. |
| | | Pack your meals if you are on-the-go. | Spinach & Sweet Potato Frittata, Coconut Yogurt with Sunflower Seed Butter, Curried Chicken with Broccoli & Sweet Potato, Apple with Sunflower Seed Butter. |
| |  | Make Spiced Beef & Spinach with Rice for dinner. | Store leftovers in the fridge for lunch tomorrow. |
| 7 Sun |  | Pack your meals if you are on-the-go. | Spinach & Sweet Potato Frittata, Apple with Sunflower Seed Butter, Spiced Beef & Spinach with Rice, Coconut Yogurt with Sunflower Seed Butter. |
| | | Shop and prep for next week. | |
| |  | Enjoy leftover Curried Chicken with Broccoli & Sweet Potato for dinner. | Reheat in the microwave or in a pan. |