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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. |
| |  | Freeze the salmon and cod fillets. | This guide will remind you to thaw them later in the week. |
| | | Make Blueberry Chia Pancakes. | Divide between containers and store in the fridge for breakfasts. |
| | | Portion out Applesauce & Almonds. | Divide between containers and store in the fridge for snacks. |
| | | Make Eggplant, Rice & Beans. | Divide between containers and store in the fridge for meals. |
| | | Make Kiwi Yogurt Parfait. | Divide between containers and store in the fridge for snacks. |
| 1 Mon |  | Pack your meals if you are on-the-go. | Blueberry Chia Pancakes, Applesauce & Almonds, Eggplant, Rice & Beans, and Kiwi Yogurt Parfait. |
| |  | Make Chicken Caesar Salad Wraps for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |

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| 2 Tue |  | Pack your meals if you are on-the-go. | Blueberry Chia Pancakes, Kiwi Yogurt Parfait, Chicken Caesar Salad Wraps, and Applesauce & Almonds. |
| |  | Enjoy leftover Eggplant, Rice & Beans for dinner. | Reheat in the microwave or oven. |
| | | Take salmon fillets out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |
| 3 Wed |  | Make Banana Orange Green Smoothie. | Pour into a portable cup for a snack. |
| | | Pack your meals if you are on-the-go. | Blueberry Chia Pancakes, Applesauce & Almonds, Eggplant, Rice & Beans, and Banana Orange Green Smoothie. |
| |  | Make Baked Salmon with Broccoli & Quinoa for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Make Orange Turmeric Overnight Oats. | Divide between containers and store in the fridge for breakfasts. |
| | | Portion out Applesauce & Yogurt with Almonds. | Divide between containers and store in the fridge for snacks. |
| |  | Make Banana Orange Green Smoothie. | Pour into a portable cup for a snack. |
| | | Pack your meals if you are on-the-go. | Orange Turmeric Overnight Oats, Banana Orange Green Smoothie, Baked Salmon with Broccoli & |

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| 4 Thu | | | Quinoa, Applesauce & Yogurt with Almonds. |
| |  | Make Meal Prep Chicken & Cilantro Lime Quinoa for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Portion out Apples & Almonds. | Divide between containers and store in the fridge for snacks. |
| 5 Fri |  | Pack your meals if you are on-the-go. | Orange Turmeric Overnight Oats, Applesauce & Yogurt and Almonds, Meal Prep Chicken & Cilantro Lime Quinoa, and Apples & Almonds. |
| |  | Make Pressure Cooker Rice & Bean Burritos for dinner. | Enjoy and store leftovers in the fridge. |
| | | Make Strawberry & Blueberry Parfait. | Divide between containers and store in the fridge for snacks. |
| | | Take cod fillets 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, Apples & Almonds, Pressure Cooker Rice & Bean Burritos, and Strawberry & Blueberry Parfait. |

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| |  | Make One Pot White Fish & 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, Strawberry & Blueberry Parfait, One Pot White Fish & Rice, and Apples & Almonds. |
| |  | Shop and prep for next week. | |
| | | Enjoy leftover Pressure Cooker Rice & Bean Burritos for dinner. | Reheat in the microwave or in a pan. |