












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 the Green Bean Casserole.	Store in containers in the fridge for lunch tomorrow and Tuesday.
		Freeze half of the chicken breast.	To preserve freshness for later on in the week. We will remind you to take it out.
		Optional: Make the Baked Broccoli & Feta Egg Cups.	If you know you'll be busy in the morning on Monday and Tuesday. Store in airtight containers in the fridge.
1 Mon		Make the Baked Broccoli & Feta Egg Cups.	
		Pack your meals if you are on-the-go.	Baked Broccoli & Feta Egg Cups, Green Bean Casserole, and a Plum.
		Make the Roasted Tomato, Lentil & Feta Bowl for dinner.	Enjoy!
		Enjoy Apple with Almond Butter for dessert or an after dinner snack.	

2 Tue		Make the Baked Broccoli & Feta Egg Cups.	
		Pack your meals if you are on-the-go.	Baked Broccoli & Feta Egg Cups, Green Bean Casserole, and Apple with Almond Butter.
		Make the Chicken, Broccoli & Cashew Stir Fry for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Roasted Edamame snacks.	Let cool, divide between containers and at room temperature.
		Enjoy a plum for dessert or an after dinner snack.	
3 Wed		Make Apple Pie Pancakes for breakfast.	Divide leftovers between airtight containers and store in the fridge.
		Pack your meals if you are on-the-go.	Apple Pie Pancakes, Chicken, Broccoli & Cashew Stir Fry, and Roasted Edamame.
		Make Sausage & Quinoa Stuffed Acorn Squash for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Apple with Almond Butter for dessert or an after dinner snack.	
		Transfer the frozen chicken breast to the fridge.	Let thaw overnight for dinner tomorrow.

4 Thu		Start the Curried Chicken Slow Cooker Stew.	Follow the recipe, cover with lid and cook on low setting for 6 to 8 hours.
		Pack your meals if you are on-the-go.	Apple Pie Pancakes, Sausage & Quinoa Stuffed Acorn Squash, and Roasted Edamame.
		Finish the Curried Chicken Slow Cooker Stew for dinner.	Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes before serving. Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Apple with Almond Butter for dessert or an after dinner snack.	
		Make the Celery with Sunflower Seed Butter snacks.	Store in containers in the fridge.
5 Fri		Pack your meals if you are on-the-go.	Apple Pie Pancakes, Curried Chicken Slow Cooker Stew, and Celery with Sunflower Seed Butter.
		Make Warm Carrot & Sweet Potato Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy grapes for dessert or an after dinner snack.	
		Make the Avocado Toast with a Poached Egg for breakfast.	Bon appetit!

6 Sat		Pack your meals if you are on-the-go.	Avocado Toast with a Poached Egg, Warm Carrot & Sweet Potato Salad, and Celery with Sunflower Seed Butter.
		Reheat leftover Curried Chicken Slow Cooker Stew for dinner.	Enjoy!
		Enjoy grapes for dessert or an after dinner snack.	
7 Sun		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!