

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 Spinach & Sweet Potato Egg Muffins.	Divide between containers and store in the fridge for breakfasts.
		Make Raspberry Overnight Oats.	Divide between containers and store in the fridge for snacks.
		Make Zucchini & Ground Beef Skillet with Quinoa.	Divide between containers and store in the fridge for meals.
		Make Tortilla & Bell Pepper Snack Plate.	Divide between containers and store in the fridge for snacks.
1 Mon	 	Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Raspberry Overnight Oats, Zucchini & Ground Beef Skillet with Quinoa, Tortilla & Bell Pepper Snack Plate.
		Make Chicken & Lentil Soup for dinner.	Divide between containers. Freeze half the portions for later in the week and store half in the fridge.

		Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Tortilla & Bell Pepper Snack Plate, Zucchini & Ground Beef Skillet with Quinoa, Raspberry Overnight Oats.
2 Tue		Enjoy leftover Chicken & Lentil Soup for dinner.	Reheat in the microwave.
		Make Avocado Beef Quesadilla.	Store in the fridge for lunch.
		Portion Crackers & Hummus.	Divide between containers and store in the fridge for snacks.
3 Wed		Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Raspberry Overnight Oats, Avocado Beef Quesadilla, Crackers & Hummus.
		Enjoy leftover Zucchini & Ground Beef Skillet with Quinoa for dinner.	Reheat in the microwave or in a pan.
		Make Avocado Beef Quesadilla.	Store in the fridge for lunch.
4 Thu		Make Chocolate Cherry Green Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on the go.	Spinach & Sweet Potato Egg Muffins, Chocolate Cherry Green Smoothie, Avocado Beef Quesadilla, Crackers & Hummus.

		Make Tuna Chickpea Salad for dinner.	Divide leftovers between containers and store in the fridge.
		Make Almond Butter & Jam Chia Pudding.	Divide between containers and store in the fridge for breakfasts.
5 Fri		Make Chocolate Cherry Green Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Almond Butter & Jam Chia Pudding with Cherries, Crackers & Hummus, Tuna Chickpea Salad, Chocolate Cherry Green Smoothie.
		Make Avocado Beef Quesadilla for dinner.	Enjoy!
		Portion Bell Peppers & Hummus.	Divide between containers and store in the fridge for snacks.
		Take one portion of Chicken & Lentil Soup out of the freezer.	Thaw in the fridge for lunch tomorrow.
		Make Chocolate Avocado Smoothie.	Pack in a portable cup for a snack.
6 Sat		Pack your meals if you are on the go.	Almond Butter & Jam Chia Pudding with Cherries, Chocolate Avocado Smoothie, Chicken & Lentil Soup, Bell Peppers & Hummus.

		Enjoy leftover Tuna Chickpea Salad for dinner.	
		Take the remaining portion of Chicken & Lentil Soup out of the freezer.	Thaw in the fridge for dinner tomorrow.
7 Sun		Make Chocolate Avocado Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on the go.	Almond Butter & Jam Chia Pudding with Cherries, Chocolate Avocado Smoothie, Tuna Chickpea Salad, Bell Peppers & Hummus.
		Shop and prep for next week.	
		Enjoy leftover Chicken & Lentil Soup for dinner.	Reheat in the microwave or in a pot.