











| 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. |
| |  | Freeze the sirloin steak, half of the ground beef, and half of the salmon fillets. | This guide will remind you to thaw them later in the week. |
| | | Make One Pan Lemon & Chive Salmon. | Divide between containers and store in the fridge for meals. |
| | | Make Chia Oats with Kiwi. | Divide between containers and store in the fridge for snacks. |
| | | Portion out Tuna Salad Plate. | Divide between small containers and store in the fridge for snacks. |
| 1 Mon |  | Make Creamy Blueberry Smoothie. | Pour into a glass or a portable cup if you're on-the-go. |
| | | Pack your meals if you are on-the-go. | Creamy Blueberry Smoothie, Tuna Salad Plate, One Pan Lemon & Chive Salmon, Chia Oats with Kiwi. |
| |  | Make Cuban Beef Picadillo for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |

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| 2 Tue |  | Make Creamy Blueberry Smoothie | Pour into a glass or a portable cup if you're on-the-go. |
| | | Pack your meals if you are on-the-go. | Creamy Blueberry Smoothie, Chia Oats with Kiwi, Cuban Beef Picadillo, Tuna Salad Plate. |
| |  | Enjoy leftover One Pan Lemon & Chive Salmon for dinner. | Reheat in the microwave or in a pan. |
| | | Take half of the ground beef out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |
| | | Make Orange Turmeric Overnight Oats. | Divide between containers and store in the fridge for breakfasts. |
| | | Portion out Yogurt & Peaches. | Divide between small containers and store in the fridge for snacks. |
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| 3 Wed |  | Pack your meals if you are on-the-go. | Orange Turmeric Overnight Oats, Yogurt & Peaches, One Pan Lemon & Chive Salmon, Chia Oats with Kiwi. |
| |  | Make Taco Salad with Beef for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Make Tuna Salad Lettuce Wraps. | Divide between containers and store in the fridge for snacks. |
| | | Pack your meals if you are on-the-go. | Orange Turmeric Overnight Oats, Tuna Salad Lettuce Wraps, Taco Salad with Beef, Yogurt & Peaches. |

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| 4 Thu |  | | |
| |  | Make Spiced Cauliflower Rice Bowl for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Make Bell Peppers with Guacamole. | Divide between containers and store in the fridge for snacks. |
| | | Take the sirloin steak 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. | Orange Turmeric Overnight Oats, Bell Peppers with Guacamole, Spiced Cauliflower Rice Bowl, Tuna Salad Lettuce Wraps. |
| |  | Make One Pan Steak, Asparagus & Mushrooms for dinner. | Enjoy and store leftovers in the fridge. |
| | | Make Coconut Chia Seed Yogurt. | Divide between containers and store in the fridge for breakfasts. |
| | | Make Oatmeal with Raspberries. | Divide between containers and store in the fridge for snacks. |
| | | Take the salmon fillets out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |

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| 6 Sat |  | Pack your meals if you are on-the-go. | Coconut Chia Seed Yogurt, Oatmeal with Raspberries, One Pan Steak, Asparagus & Mushrooms, Bell Peppers with Guacamole. |
| |  | Make Arugula Salad with Salmon for dinner. | Store leftovers in the fridge for lunch tomorrow. |
| 7 Sun |  | Pack your meals if you are on-the-go. | Coconut Chia Seed Yogurt, Bell Peppers with Guacamole, Arugula Salad with Salmon, Oatmeal with Raspberries. |
| |  | Shop and prep for next week. | |
| | | Enjoy leftover One Pan Steak, Asparagus & Mushrooms for dinner. | Reheat in the microwave, oven or in a pan. |