
























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.






2 Tue		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.
		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.
6 Sat		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, 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.

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.
		Freeze the chicken breast, pork sausage, salmon, and ½ of the extra lean ground turkey.	This guide will remind you to thaw them later in the week.
		Make Tropical Coconut Oatmeal.	Divide between containers and store in the fridge. Reheat and add toppings just before serving.
		Portion out peanut butter for the week.	Divide between small containers and store in the fridge for snacks this week.
		Make Lemon Turkey Quinoa Skillet.	Divide between containers and store in the fridge.
		Make Egyptian Fava Beans with Tahini.	Divide between containers and store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Tropical Coconut Oatmeal, Apple with Peanut Butter, Lemon Turkey Quinoa Skillet, and Egyptian Fava Beans with Tahini.
		Make One Pan Chicken, Grapes & Veggies for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.





		Make the Coconut Chia Seed Yogurt.	Divide between containers and store in the fridge for snacks this week.
2 Tue		Pack your meals if you are on-the-go.	Tropical Coconut Oatmeal, Coconut Chia Seed Yogurt, One Pan Chicken, Grapes & Veggies, and Banana with Peanut Butter.
		Enjoy leftover Lemon Turkey Quinoa Skillet for dinner.	Reheat in the oven or microwave.
		Take the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Make Breakfast Baked Potato with Sun Butter.	Bake sweet potatoes for breakfast for the week. Reheat and add toppings just before serving.
3 Wed		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter, Apple with Peanut Butter, Lemon Turkey Quinoa Skillet, and Egyptian Fava Beans with Tahini.
		Make One Pan Lemon Chicken for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground turkey 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.	Breakfast Baked Potato with Sun Butter, Coconut Chia Seed Yogurt, One Pan Lemon Chicken, and Banana with Peanut Butter.




		Make Turkey & Cabbage Stir Fry for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the salmon 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.	Breakfast Baked Potato with Sun Butter, Coconut Chia Seed Yogurt, Turkey & Cabbage Stir Fry, and Egyptian Fava Beans with Tahini.
		Make One Pan Salmon with Rainbow Veggies for dinner.	Enjoy and store leftovers in the fridge.
		Make Fried Plantains with Hummus for snacks.	Divide between containers and store in the fridge. Reheat the plantains in a skillet or the oven just before serving.
		Take the sausage out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Warm Peas with Eggs for breakfast.	Enjoy and store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Warm Peas with Eggs, Grapes & Pistachios, One Pan Salmon with Rainbow Veggies, and Fried Plantains with Hummus.
		Make Acorn Squash & Sausage Hash for dinner.	Store leftovers in the fridge for lunch tomorrow.

7 Sun		Make Warm Peas with Eggs for breakfast.	
		Pack your meals if you are on-the-go.	Warm Peas with Eggs, Grapes & Pistachios, Acorn Squash & Sausage Hash, and Fried Plantains with Hummus.
		Shop and prep for next week.	
		Enjoy leftover One Pan Salmon with Rainbow Veggies for dinner.	Reheat in the oven or microwave.

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.
		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.

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 &

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.

		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.