















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 half of the ground beef.	This guide will remind you to take it out to thaw later in the week.
		Make the Peanut Butter & Jam Overnight Oats.	Combine the ingredients and divide between containers. Store in the fridge for breakfasts on Monday, Tuesday and Wednesday.
		Make the Creamy Roasted Garlic & Kale Soup with Cauliflower.	Follow the directions to roast the vegetables. While the vegetables are roasting, move on to the next task. When done, divide soup between containers and store in the fridge.
		Make the Mango & Chickpea Quinoa Salad.	Follow the recipe instructions to cook the quinoa. Set aside to cool while you move on to the next task. Once cooled, combine with remaining ingredients and store in the fridge.
		Make Sardine Salad with Peppers, Celery & Blueberries and the Hummus & Veggies Snack Box.	Wash and cut the peppers and celery. Make the sardine salad and divide it into containers with

			peppers, celery and blueberries. Portion hummus into containers with peppers, celery and blueberries for later in the week.
		Make Apple with Almond Butter Snacks.	Divide almond butter into small containers and store in the fridge.
		Make the Toasted Walnuts.	Follow the directions to toast the walnuts. Store in an airtight container.
1 Mon		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Sardine Salad with Peppers, Celery & Blueberries, Creamy Roasted Garlic & Kale Soup with Cauliflower and Mango & Chickpea Salad, and Apple with Almond Butter.
		Make the Zucchini Noodles with Sausage & Tomato Sauce.	Enjoy one serving and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Sardine Salad with Peppers, Celery & Blueberries, Zucchini Noodles with Sausage & Tomato Sauce, and Apple with Almond Butter.
		Make the Deconstructed Stuffed Peppers.	Enjoy one serving and store leftovers in the fridge for lunch tomorrow and dinner on Thursday.

3 Wed		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Sardine Salad with Peppers, Celery & Blueberries, Deconstructed Stuffed Peppers, and Grapefruit with Toasted Walnuts
		Enjoy leftover Creamy Roasted Garlic & Kale Soup with Cauliflower and Mango & Chickpea Salad for dinner.	Reheat the soup on your stovetop or in a microwave.
		Make the Mango and Hard Boiled Eggs snacks.	Follow directions to hard boil the eggs. While they are cooking, dice up and the mango, then move on to the next task.
		Make Rainbow Chopped Salad Jars.	Follow directions to layer ingredients in mason jars. Store in the fridge for lunches over the next three days.
4 Thu		Make Strawberry Almond Protein Smoothie for breakfast.	Pour into a glass or travel cup and enjoy it!
		Pack your meals if you are on-the-go.	Strawberry Almond Protein Smoothie, Mango and Hard Boiled Eggs, Rainbow Chopped Salad Jar, and Grapefruit with Toasted Walnuts.
		Enjoy leftover Deconstructed Stuffed Peppers for dinner.	Reheat on your stovetop or in a microwave.
		Take ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

5 Fri		Make Strawberry Almond Protein Smoothie for breakfast.	Pour into a glass or travel cup and enjoy it!
		Pack your meals if you are on-the-go.	Strawberry Almond Protein Smoothie, Mango and Hard Boiled Eggs, Rainbow Chopped Salad Jar, and Grapefruit with Toasted Walnuts.
		Make Garlicky Beef & Greens with Roasted Sweet Potato Rounds for dinner.	Follow the directions to roast the sweet potatoes. While they are roasting, cook beef and greens. Store leftovers in the fridge for dinner on Sunday.
		Make Sardine Spread with Cucumber and Chopped Bell Peppers.	Store in the fridge for snacks this weekend.
6 Sat		Make Zucchini Breakfast Boats with Toast with Peanut Butter.	Store leftover Zucchini Breakfast Boats in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Zucchini Breakfast Boats with Toast with Peanut Butter, Hummus & Veggie Snack Box, Rainbow Chopped Salad Jar, and Sardine Spread with Cucumbers and Chopped Bell Peppers.
		Make Burrito Bowl with Quinoa Tofu Taco Filling for dinner.	Enjoy one serving and store leftovers in the fridge for lunch tomorrow
7		Reheat leftover Zucchini Breakfast Boats and make Toast with Peanut Butter for breakfast.	Reheat in a toaster oven or microwave and enjoy!

Sun		Pack your meals if you are on-the-go.	Zucchini Breakfast Boats with Toast with Peanut Butter, Hummus & Veggie Snack Box, Burrito Bowl with Quinoa Tofu Taco Filling, and Sardine Spread with Cucumbers and Chopped Bell Peppers.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy leftover Garlicky Beef & Greens with Roasted Sweet Potato Rounds for dinner.	Reheat in the microwave or on the stovetop.