
















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 Slow Cooker Chicken Soup	Make according to recipe directions. Portion into individual containers, add brown rice and freeze into individual portions immediately.
		Make the Peanut Butter Banana Oatmeal Bake	Make according to recipe instructions. Portion into individual containers and freeze immediately.
		Make Brown Rice	Follow recipe instructions and add to the Slow Cooker Chicken Soup before freezing.
		Mix together the Coconut Chia Pudding	Mix together according to recipe instructions. Store in the fridge and consume the next day.
1 Mon		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Hummus & Veggie Snack, Slow Cooker Chicken Soup with Brown Rice (keep frozen until ready to reheat), and Coconut Chia Pudding.

		Make the Ground Beef, Broccoli and Rice for dinner	Follow the recipe instructions. Once done, portion the leftovers into individual containers and freeze immediately.
		Make the Coconut Chia Pudding	Mix together according to recipe instructions. Store in the fridge and consume the next day.
2 Tue		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Cherries (wash before consuming), Slow Cooker Chicken Soup with Brown Rice (keep frozen until ready to reheat) and Coconut Chia Pudding.
		Make the Salmon with Coconut Kale for dinner	Follow the recipe instructions. Freeze leftovers in individual portions once cooked.
3 Wed		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming) and Almonds, Salmon Coconut with Kale (keep frozen until ready to reheat) and Radish & Cucumber Rice Cake.
		Enjoy leftover Ground Beef, Broccoli and Rice for dinner	Reheat in the microwave or on the stovetop immediately before consuming.

		Make the Coconut Chia Pudding	Mix together according to recipe instructions. Store in the fridge and consume the next day.
4 Thu		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Cherries (wash before consuming), Slow Cooker Chicken Soup with Brown Rice (keep frozen until ready to reheat) and Coconut Chia Pudding.
		Enjoy the leftover Salmon with Coconut Kale for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
5 Fri		Prepare Mango Coconut Green Smoothie for breakfast	Consume immediately after preparing.
		Pack your meals if you are on-the-go	Hummus & Veggies, Brazil Nuts, Ground Beef Broccoli and Rice (keep frozen until ready to reheat), Radish & Cucumber Rice Cake (peel and cut before consuming).
		Make the Chicken Thighs with Mushroom for dinner	Prepare according to recipe directions. When the chicken is simmering, make the quinoa (below). Once done, portion leftover servings into individual containers and freeze immediately.
Make the Quinoa for dinner		Mix together according to recipe instructions. Once done, portion leftover servings into individual containers and freeze immediately.	

		Make the Mashed Sweet Potato Breakfast Bowl	Make according to recipe directions. Freeze immediately in individual containers. Add blueberries, hemp seed, and almond butter toppings right before consuming.
6 Sat		Make the Mango Coconut Green Smoothie for breakfast	Consume immediately after preparing.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming) and Almonds, Mashed Sweet Potato Breakfast Bowl (keep frozen until ready to reheat and top with blueberries, hemp seeds and almond butter at that time) and Radish & Cucumber Rice Cake (peel and cut before consuming).
		Heat the leftover Chicken Thighs with Mushrooms and Quinoa for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
7 Sun		Make the Mango Coconut Green Smoothie for breakfast	Consume immediately after preparing.
		Pack your meals if you are on-the-go	Cherries (wash before consuming) and Brazil Nuts, Mashed Sweet Potato Breakfast Bowl (keep frozen until ready to reheat and top with blueberries, hemp seeds and almond butter at that time) and Radish & Cucumber Rice Cake (peel and cut before consuming).

		Shop and prep for the week ahead	Set aside some time to plan and shop for next week!
		Heat the leftover Chicken Thighs with Mushrooms and Quinoa for dinner	Reheat in the microwave or on the stovetop immediately before consuming.