

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 Heart Kale & Apple Tuna Salad.	Store in a container in the fridge for lunch tomorrow.
		Make the Carrots & Guacamole Snacks.	Store in containers in the fridge.
		Freeze the ground chicken and salmon.	To preserve freshness for later on in the week. We will remind you to take them out.
1 Mon		Make the Paleo Sweet Potato Porridge.	
		Pack your meals if you are on-the-go.	Paleo Sweet Potato Porridge, Hearty Kale & Apple Tuna Salad, and Carrots & Guacamole.
		Make the One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner.	Store leftovers in containers in the refrigerator for lunch tomorrow.
		Enjoy Grapes & Cashews for dessert or an after-dinner snack.	

<b>2 Tue</b>		Make the Paleo Sweet Potato Porridge.	
		Start the Slow Cooker Rotisserie Chicken.	Follow the recipe and cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound).
		Pack your meals if you are on-the-go.	Paleo Sweet Potato Porridge, One Pan Chicken, Golden Cauliflower & Carrot Fries, and Carrots & Guacamole.
		Finish the Slow Cooker Rotisserie Chicken for dinner.	Make roasted vegetables. Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Grapes & Cashews for dessert or an after-dinner snack.	
<b>3 Wed</b>		Make the Orange Immunity Booster Smoothie for breakfast.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Orange Immunity Booster Smoothie, Slow Cooker Rotisserie Chicken, and Pistachios.
		Make Cedar Planked Salmon with Grilled Asparagus for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Chocolate Stuffed Raspberries for dessert or an after-dinner snack.	

4 Thu		Make the Orange Immunity Booster Smoothie for breakfast.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Orange Immunity Booster Smoothie, Cedar Planked Salmon with Grilled Asparagus, and Pistachios.
		Make the Roasted Sweet Potato & Beet Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Chocolate Stuffed Raspberries for dessert or an after-dinner snack.	
		Transfer the frozen ground chicken into the fridge.	Let thaw overnight for dinner tomorrow.
5 Fri		Make Sweet Cherry Steel Cut Oats for breakfast.	Store leftovers in a container in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Roasted Sweet Potato & Beet Salad, and Fresh Strawberries.
		Make Roasted Brussels Sprouts Caesar Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Make Strawberry Ice Cream for dessert or an after-dinner snack.	
		Transfer the frozen salmon into the fridge.	Let thaw overnight for dinner tomorrow.

<b>6 Sat</b>		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Roasted Brussels Sprout Caesar Salad, and Fresh Strawberries.
		Make the Pistachio Crusted Salmon for dinner.	Enjoy!
		Make Strawberry Ice Cream for dessert or an after-dinner snack.	
<b>7 Sun</b>		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!