

















Day		Task	Notes
Sun		Grocery shop.	Grab the grocery list for this week and get to it! Adjust serving sizes if necessary and cross off any items you already have.
		Make the Carrot Cake Breakfast Bake.	Make and store in the refrigerator
		Make the Chickpea Avocado for tomorrow's lunch and Wednesday's lunch	Keep in the refrigerator for tomorrow
		You could prep the vegetables for tomorrow's dinner	Cut up and leave in the refrigerator.
		Make the Salted Chocolate Tahini Bites	Store on a tray in the freezer.
Mon		Good morning! Breakfast is done. Simply reheat the Breakfast Bake. Make the Chickpea Avocado if you have not done so.	Enjoy your breakfast!
		Make the Ginger Lemon Juice Shots. If you have not done so, prep the vegetables for dinner	Keep both in the refrigerator.
		This is a great time to make the Quinoa. You could do this while you eat breakfast. IMPORTANT: note that there is quinoa in Wednesday's dinner. You	Simply store in the refrigerator

		could make enough for both dinners today Pack your meals if you are on-the-go or have them ready if working from home..	Lemon Shot, Chickpea Sandwich, Edamame
		Cook the Salmon and the Quinoa Salad	Pack and store the salmon and salad in the refrigerator for lunch tomorrow.
Tue		Pack your meals if you are on-the-go or have them ready if working from home..	Breakfast Bake, Salmon and Quinoa Salad, Grapes and Walnuts
		Make the Sheet Pan Shrimp. IMPORTANT: when you are making the brown rice tonight, make enough for Thursday dinner, this will save you time	Pack up the leftovers for next day's lunch.
		Make the Spinach Tomato Scramble. Make the Blueberry Smoothie and double for next day's snack.	Prep enough vegetables to have for breakfast tomorrow. Store in the refrigerator.
Wed		Pack your meals if you are on-the-go or working from home. If you have time in the morning you can prepare the ingredients for tonight's dinner.	Scrambled Eggs, Chickpea Avocado Sandwich, Blueberries, Blueberry Smoothie
		Make the Roasted Broccoli Quinoa Bowl. Did you make the quinoa the other night?	Pack up the leftovers for lunch tomorrow.

Thu		Pack your meals if you are on-the-go or working from home.	Scrambled Eggs, Strawberries, Quinoa Broccoli Bowl, Blueberry Smoothie .
		Make the Turkey and Pineapple Rice Bowl. Did you make the rice the night before?	Pack up the leftovers for tomorrow's lunch.
		Prep the Overnight Oats for breakfast tomorrow and Saturday.	Store in the refrigerator.
Fri		Pack your meals if you are on-the-go or working from home..	Overnight Oats, Blueberries, Turkey and Pineapple Rice Bowl, Edamame
		Make the Coconut Cod Tacos. NOTE: if you wanted a drizzle with this, check out the notes section of the recipe.	Pack up the leftovers and store in the refrigerator for tomorrow's lunch.
Sat		Breakfast and lunch should be made already	Enjoy your meals.
		Make the Basil Pesto Hummus, cut up carrots	Pack some snacks.
		Make the Kung Pao Chicken	Enjoy your dinner! Pack up the leftovers for next day's lunch. Get ready to shop and plan for next week.

Sun		Look at your meal plan for next week while enjoying your breakfast	Relax during breakfast and make a game plan. What can you cross off the list? What do you need?
		Go shopping!	Get ahead of the game and get to the store early before the crowds.
		Prep what you can for the week ahead.	Don't forget to set aside time for shopping and prep.
		Make the Sundried Tomato Pasta	You did it! Week 1 done. Enjoy your dinner.