














Day		Task	Notes
Sun 10/10		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 Berry and Flax Baked Oatmeal.	Store in the refrigerator and reheat tomorrow.
		Make the Arugula Parsley Pesto	Keep in the refrigerator for tomorrow's snack. You will also use some for the Salmon Burgers
		Boil eggs for lunch tomorrow	Store in the refrigerator.
		You could make the Dark Chocolate Black Bean Brownies as well as the Pumpkin Breakfast Cookies	Store in the freezer for later this week.
Mon 10/11		Good morning! Breakfast is done. Simply reheat the Baked Oats and serve with yogurt. Prep the veggies for the Kale Salad for lunch.	Enjoy your breakfast!
		If you have time in the morning, prep any ingredients for dinner, or better yet, make them now and thank yourself later.	Keep in the refrigerator.
		You are having quinoa with breakfast on Wednesday	Simply store in the refrigerator

		and Thursday morning. You can make extra today.	
		Pack your meals and snacks if you are on-the-go or have them ready if working from home..	Kale and Radicchio Salad, Pesto Dip and Baby Tomatoes, Raspberries
		Make the Chili Stuffed Sweet Potatoes	Enjoy dinner!
Tue 10/12		Pack your meals if you are on-the-go or have them ready if working from home..	Berry and Flax Baked Oatmeal, Yogurt, Black Bean Chili Stuffed Sweet Potatoes.
		Make the Salmon Burgers and Roasted Broccoli. Have you made the Arugula Parsley Pesto? Make that now to serve with the burgers.	Enjoy dinner and dessert! Pack up the leftovers for next day's lunch.
Wed 10/13		Make the Turmeric Quinoa Breakfast Bowls and double the Quinoa mix for tomorrow's breakfast	Enjoy breakfast!
		Pack your meals if you are on-the-go or have them ready if working from home.. You can also prep some things for dinner if you have time.	Raspberries, Ginger Cilantro Salmon Burgers with some pesto

		Make the Garlicky Mushroom and Spinach Chicken	Enjoy dinner and dessert!
Thu 10/14		Make the Turmeric Quinoa Breakfast Bowl Pack up lunch and snack if you are on the go or working from home	Enjoy breakfast! Raspberries, Chicken with Mushrooms and Spinach
		Make the Coconut Curried Shrimp and the Brown Rice Make the Pumpkin Breakfast Cookies for breakfast tomorrow	Enjoy dinner!
Fri 10/15		Have you made the Pumpkin Breakfast Cookies? Make those now along with the Butternut Squash Smoothie Pack your meals if you are on-the-go or working from home..	Enjoy Breakfast! Coconut Curried Shrimp with Brown Rice
		Make Bison Pumpkin Chili, pack up the rest for lunch tomorrow	Enjoy dinner!

Sat 10/16		Have you made the Pumpkin Breakfast Cookies? If not, make them this morning while you have time.	Have it with the Butternut Squash Smoothie
		Make the Seared Cod and Lemony White Beans	Enjoy your dinner! Get ready to shop and plan for next week.
Sun 10/17		Consider your meal plan for next week while enjoying your breakfast	Make the Kale Feta and Egg Burrito and relax during breakfast while making a game plan. What can you cross off the list? What do you need?
		Make the Apple Crumb Bites for snack	
		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 Edamame and Soba Noodle Bowl	You did it! Week 2 done. Enjoy your dinner.