

















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.
		Divide the chicken thighs into two portions and freeze one portion. Divide the salmon fillets into two portions and freeze both portions.	This guide will remind you to thaw them later in the week.
		Make Peanut Butter Fruit Dip and portion Raspberries.	Divide between containers and store in the fridge for snacks.
		Make Sheet Pan Dijon Chicken Thighs & Broccoli.	Divide between containers and store in the fridge for meals.
		Make Strawberry & Blueberry Parfait.	Divide between containers and store in the fridge for snacks.
1 Mon		Make Avocado Toast with Hard Boiled Eggs & Strawberries for breakfast.	Enjoy immediately or pack if you're on the go and store leftovers for breakfast tomorrow.
		Pack your meals if you are on the go.	Avocado Toast with Hard Boiled Eggs & Strawberries, Peanut Butter Fruit Dip with Raspberries, Sheet Pan Dijon Chicken Thighs & Broccoli, Strawberry & Blueberry Parfait.

		Make Lentils, Rapini & Mashed Potatoes with Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
<b>2 Tue</b>		Pack your meals if you are on the go.	Avocado Toast with Hard Boiled Eggs & Strawberries, Strawberry & Blueberry Parfait, Lentils, Rapini & Mashed Potatoes with Brown Rice, Peanut Butter Fruit Dip with Raspberries.
		Enjoy leftover Sheet Pan Dijon Chicken Thighs & Broccoli for dinner.	Reheat in the microwave or in a pan.
		Make Blueberry Coconut Chia Pudding.	Divide between containers and store in the fridge for breakfasts.
		Take one portion of salmon out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>3 Wed</b>		Make Avocado with Everything Bagel Seasoning.	Pack in a container for a snack.
		Make Toast with Peanut Butter.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Blueberry Coconut Chia Pudding, Avocado with Everything Bagel Seasoning, Sheet Pan Dijon Chicken Thighs & Broccoli, Toast with Peanut Butter.
		Make One Pan Everything Salmon & Brussels Sprouts for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

4 Thu		Make Toast with Peanut Butter.	Pack in a container for a snack.
		Make Avocado with Everything Bagel Seasoning.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Blueberry Coconut Chia Pudding, Toast with Peanut Butter, One Pan Everything Salmon & Brussels Sprouts, Avocado with Everything Bagel Seasoning.
		Make Lentil, Rice & Squash Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take chicken thighs out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Portion Raspberries.	Pack in a container for a snack.
		Make Toast with Peanut Butter.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Blueberry Coconut Chia Pudding, Raspberries, Lentil, Rice & Squash Bowl, Toast with Peanut Butter.
		Make Maple Roasted Carrots & Chicken for dinner.	Enjoy and store leftovers in the fridge.
		Portion Fruit & Egg Snack Plate.	Divide between containers and store in the fridge for snacks.
		Make Coconut Chia Seed Yogurt.	Divide between containers and store in the fridge for snacks.

		Take salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>6 Sat</b>		Make Super Simple French Toast.	Enjoy immediately or pack if you're on the go and store leftovers for breakfast tomorrow.
		Pack your meals if you are on the go.	Super Simple French Toast, Fruit & Egg Snack Plate, Maple Roasted Carrots & Chicken, Coconut Chia Seed Yogurt.
		Make Mayo-Dijon Salmon with Broccoli for dinner.	Store leftovers in the fridge for lunch tomorrow.
<b>7 Sun</b>		Pack your meals if you are on the go.	Super Simple French Toast, Coconut Chia Seed Yogurt, Mayo-Dijon Salmon with Broccoli, Fruit & Egg Snack Plate.
		Shop and prep for next week.	
		Enjoy leftover Maple Roasted Carrots & Chicken for dinner.	Reheat in the microwave or in a pan.