
















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.
		Freeze the salmon.	You'll be reminded later on in the week when to set it out to thaw.
		Make the Blueberry Overnight Oats.	Divide between containers or jars and store in the fridge for breakfasts.
		Make the Burrito Bowl Mason Jars.	Layer ingredients into jars and store in the fridge for lunches.
1 Mon		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Burrito Bowl Mason Jar, and Grapes & Almonds.
		Make the One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner.	Enjoy!
		Make Apple Cinnamon Chips for dessert or as an after dinner snack.	

<b>2 Tue</b>		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Burrito Bowl Mason Jar, and Apple Cinnamon Chips.
		Make the White Bean Burgers for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Popcorn for an after dinner snack.	
<b>3 Wed</b>		Make the Green Apple Cinnamon Smoothie.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Green Apple Cinnamon Smoothie, White Bean Burgers, and Apple with Almond Butter.
		Make Creamy Carrot Soup for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Baby Carrots & Hummus for an after dinner snack.	
<b>4 Thu</b>		Make the Green Apple Cinnamon Smoothie.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Green Apple Cinnamon Smoothie, Creamy Carrot Soup, and Baby Carrots & Hummus.
		Make the Spicy Curried Kale & Quinoa Stir Fry for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.

		Enjoy Grapes & Almonds as dessert or an after dinner snack.	
<b>5 Fri</b>		Make Roasted Tomato Egg Bowls for Breakfast.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Roasted Tomato Egg Bowl, Spicy Curried Kale & Quinoa Stir Fry, and Banana with Almond Butter.
		Make the Fusilli with Grilled Eggplant for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Popcorn as an after dinner snack.	
		Take salmon out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Roasted Tomato Egg Bowl, Fusilli with Grilled Eggplant, and Apple with Almond Butter.
		Make the Baked Salmon with Green Beans & Squash for dinner.	Enjoy!
		Enjoy Banana with Almond Butter as 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!