

















Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for your meal plan and mark off any items you already have before you head out.
		Make the Yogurt & Berries.	Layer yogurt and berries into containers or sealed jars. Store in the fridge.
		Make the Salt n' Vinegar Hard Boiled Eggs.	Follow the recipe and divide between containers. Store in the fridge.
		Make chia jam for the Peanut Butter & Jelly Banana Rolls.	Store in the fridge for snacks Monday through Thursday.
		Make the Slow Cooker Black Bean Soup.	Follow the recipe, then divide between containers. Store enough in the fridge for lunch on Monday. Freeze remaining portions for later in the week.
1 Mon		Make the Banana Coconut Steel Cut Oats.	Follow the recipe and store the leftover portion in the fridge for breakfast on Tuesday.
		Pack your meals if you are on-the-go.	Banana Coconut Steel Cut Oats, Yogurt & Berries, Slow Cooker Black Bean Soup, and Peanut Butter & Jelly Banana Roll.

		Make Thai Turkey Burgers with Almond Carrot Slaw for dinner.	Store leftovers in an airtight container for lunch tomorrow.
2 Tue		Start the Slow Cooker Hawaiian Beef.	Add the ingredients to your slow cooker. Cook on high for 3 to 4 hours, or low for 6 to 8 hours.
		Pack your meals if you are on-the-go.	Banana Coconut Steel Cut Oats, Yogurt & Berries, Thai Turkey Burgers with Almond Carrot Slaw, and Peanut Butter & Jelly Banana Roll.
		Finish making the Slow Cooker Hawaiian Beef for dinner.	Cook the quinoa before serving. Store leftovers in the fridge for lunch on Wednesday.
3 Wed		Make your Peanut Butter Banana Oat Smoothie.	Divide between two containers and store the leftovers in fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Peanut Butter Banana Oat Smoothie, Salt 'n Vinegar Hard Boiled Eggs, Slow Cooker Hawaiian Beef, and Peanut Butter & Jelly Banana Roll.
		Make Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato for dinner.	Divide leftovers into containers and store in the fridge.
Make the Brownie Batter Protein Balls.		Follow the recipe to make the balls. Store an airtight container in the refrigerator or freezer.	

4 Thu		Pack your meals if you are on-the-go.	Peanut Butter Banana Oat Smoothie, Salt 'n Vinegar Hard Boiled Eggs, Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato, and Peanut Butter & Jelly Banana Roll.
		Make Baked Salmon with Broccoli & Quinoa for dinner. Make the Blueberry Beet Chia Pudding.	Enjoy! Divide between jars or containers and store in the fridge.
5 Fri		Pack your meals if you are on-the-go.	Blueberry Beet Chia Pudding, Trail Mix with Banana, Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato, and Brownie Batter Protein Balls.
		Make Mexican Black Bean Omelette for dinner. Take Slow Cooker Black Bean Soup out of the freezer.	Breakfast for dinner! Enjoy! Transfer enough servings for lunches on Saturday and Sunday into the fridge to thaw.
6 Sat		Pack your meals if you are on-the-go.	Blueberry Beet Chia Pudding, Trail Mix with Banana, Slow Cooker Black Bean Soup, and Brownie Batter Protein Balls.
		Make Kale Greek Salad with Steak for dinner.	Divide leftovers into containers and store in the fridge for dinner on Sunday.

7 Sun		Pack your meals if you are on-the-go.	Blueberry Beet Chia Pudding, Trail Mix with Banana, Slow Cooker Black Bean Soup, and Brownie Batter Protein Balls.
		Enjoy leftover Kale Greek Salad with Steak for dinner.	Bon appetit!