



















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 Overnight Oats.	Make and store in the refrigerator
		You can make the Golden Cauliflower Soup for tomorrow's lunch and Wednesday's lunch (highly recommended that you do this today!)	Keep in the refrigerator for tomorrow, freeze what you will not use now
Mon		You could hard boil the eggs for the snack	Leave in the refrigerator.
		Make the Chocolate Peanut Butter Banana Pops	Store in the freezer.
		Good morning! Breakfast is done. Simply reheat the Overnight Oats if you want it warm. Make the Soup and the Roasted Chickpeas if you have not done so.	Enjoy your breakfast!
		Make the Honey Balsamic and the Green Goddess.	Keep both in the refrigerator for dinner tonight.
		Make the Salmon Burgers and the Salad	Pack and store the leftover dinner in the refrigerator for lunch tomorrow.

Tue		Pack your meals if you are on-the-go or have them ready if working from home..	Overnight Oats, Salmon and Salad, Egg and Fruit
		Make the Sheet Pan Chicken.	Enjoy dinner!
Wed		Make the Red Pepper & Kale Egg Bake	Portion for breakfast tomorrow and freeze the rest.
		Make the Ginger Green Smoothie	Store the rest in the refrigerator.
		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.	Egg Bake, Ginger Green Smoothie, Golden Soup, Chickpeas, Clementines
		Make the Coconut Cod and the Brown Rice. IMPORTANT: when you are making the brown rice tonight, make enough for Thursday's dinner, this will save you time. Leftover rice is the best for Fried Rice.	Pack up the leftovers for lunch tomorrow and pack the leftover rice for dinner tomorrow.
Thu		Pack your meals if you are on-the-go or working from home.	Egg Bake, Green Smoothie, Coconut Cod, Clementines

4/29		Make Crispy Tofu Fried Rice. Did you make the rice the night before?	Pack up the leftovers for tomorrow's lunch.
Fri		Make the Peanut Butter and Banana Protein Porridge for breakfast. Pack your meals if you are on-the-go or working from home..	Enjoy your breakfast! Tofu Fried Rice and Clementines
		Make the Soba Noodle Salad	Pack up the leftovers and store in the refrigerator for tomorrow's lunch.
Sat		Make the Smoked Salmon Omelet and the Fruit Salad	Double the Fruit Salad for breakfast tomorrow
		Make the Chicken & Veggie Quesadilla and Radish & Cucumber Salad	Enjoy your dinner! Pack up the leftovers for next day's lunch.
Sun		Make the Smoked Salmon Omelet. Consider meal planning for next week while enjoying your breakfast	Relax during breakfast and make a game plan. How do you feel going into your next week?
		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 Eggplant Lasagna and the Salad	You did it! Week 2 done. Enjoy your dinner.