











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 haddock, ground chicken, trout, steak, and ½ of the chicken breast.	This guide will remind you to thaw them later in the week.
		Coconut Chia Seed Yogurt snacks.	Divide between containers and store in the fridge.
		Portion our Brazil Nuts and Crackers for the week.	Divide between containers for easy grab-and-go snacks.
		Make the Sardine & Avocado Endive Wraps.	Divide between containers and store in the fridge for lunches.
1 Mon		Make the Zucchini Turkey Breakfast Skillet.	Enjoy one serving and store leftovers in the fridge for breakfast tomorrow.
		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Coconut Chia Seed Yogurt, Sardine & Avocado Endive Wraps, and Sauerkraut Avocado Mash with Crackers.

		Make Chicken, Carrots & Broccolini for dinner.	
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Coconut Chia Seed Yogurt, Sardine & Avocado Endive Wraps, and Brazil Nuts.
		Make Tempeh, Quinoa & Broccoli for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the haddock out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>3 Wed</b>		Make Salmon Stuffed Avocado Boats for breakfast.	
		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Salmon Stuffed Avocado Boats, Coconut Chia Seed Yogurt, Tempeh, Quinoa & Broccoli, and Sauerkraut Avocado Mash with Crackers.
		Make Crispy Broiled Haddock & Broccolini for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground chicken out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

4 Thu		Make Salmon Stuffed Avocado Boats for breakfast.	
		Pack your meals if you are on-the-go.	Salmon Stuffed Avocado Boats, Coconut Chia Seed Yogurt, Crispy Broiled Haddock & Broccolini, and Brazil Nuts.
		Make the One Pan Roasted Edamame & Broccoli Salad with Ground Chicken for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Dark Chocolate Almond Mousse.	Divide between containers and store in the fridge.
		Take the trout out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Egg & Beef Breakfast Bowl.	Store leftovers in the fridge for breakfasts this weekend.
		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Egg & Beef Breakfast Bowl, Dark Chocolate Almond Mousse, One Pan Roasted Edamame with Ground Chicken, and Sauerkraut Avocado Mash with Crackers.
		Make One Pan Sesame Trout & Bok Choy for dinner.	Enjoy and store leftovers in the fridge.

		Take the steak out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Egg & Beef Breakfast Bowl, Dark Chocolate Almond Mousse, One Pan Sesame trout & Bok Choy, and Brazil Nuts.
		Make Steak, Butternut Squash & Zoodles for dinner.	Store leftovers in the fridge for dinner tomorrow.
<b>7 Sun</b>		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Egg & Beef Breakfast Bowl, Dark Chocolate Almond Mousse, Steak, Butternut Squash & Zoodles, and Sauerkraut Avocado Mash with Crackers.
		Shop and prep for next week.	
		Make Chicken, Carrots & Broccolini for dinner.	Enjoy!