

















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.
		Make Raspberry Chia Protein Pudding.	Divide between containers and store in the fridge for snacks.
		Make the Falafel Salad with Green Tahini Sauce.	Pour sauce into a jar, divide salad between containers and store in the fridge.
		Make the Smashed Peacamole with Crackers.	Divide between containers and store in the fridge. Store crackers separately.
1 Mon		Make the Chocolate Zucchini Bread Smoothie.	
		Pack your meals if you are on-the-go.	Chocolate Zucchini Bread Smoothie, Raspberry Chia Protein Pudding, Falafel Salad with Green Tahini Sauce, and Smashed Peacamole with Crackers.
		Make Chili Lime Tempeh & Veggies for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Berry Avocado Smoothie for breakfast.	

2 Tue		Pack your meals if you are on-the-go.	Berry Avocado Smoothie, Raspberry Chia Protein Pudding, Chili Lime Tempeh & Veggies, and Smashed Peacamole with Crackers.
		Have Falafel Salad with Green Tahini Sauce for dinner.	
		Make Roasted Edamame snacks.	Divide between containers and store in the fridge.
3 Wed		Make the Chocolate Zucchini Bread Smoothie.	
		Pack your meals if you are on-the-go.	Chocolate Zucchini Bread Smoothie, Raspberry Chia Protein Pudding, Falafel Salad with Green Tahini Sauce, and Roasted Edamame.
		Make Tempeh Buddha Bowls for dinner.	Enjoy and store leftovers in the fridge.
4 Thu		Make Berry Avocado Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Berry Avocado Smoothie, Raspberry Chia Protein Pudding, Tempeh Buddha Bowl, and Roasted Edamame.
		Make Creamy Pasta with Kale for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Portion out Clean Trail Mix.	Store in airtight containers for snacks.
5 Fri		Make the Chocolate Zucchini Bread Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Chocolate Zucchini Bread Smoothie, Clean Trail Mix, Creamy Pasta with Kale, and Roasted Edamame.
		Enjoy leftover Tempeh Buddha Bowl for dinner.	Enjoy cold or reheat on the stove or in a microwave.
		Make the Smashed Peacamole with Crackers.	Divide between containers and store in the fridge. Store crackers separately.
		Make Rainbow Chopped Salad Jars.	Store in the fridge for lunches.
6 Sat		Make the Brownie Protein Pancakes for breakfast.	Enjoy and store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Clean Trail Mix, Rainbow Chopped Salad Jar, Smashed Peacamole with Crackers.
		Make One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Store leftovers in the fridge for dinner tomorrow.
7		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Clean Trail Mix, Rainbow Chopped Salad Jar, Smashed Peacamole with

Sun			Crackers.
		Shop and prep for next week.	
		Enjoy leftover One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Reheat on the stove or in the microwave.