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| 0 Sun |  | Grocery shop. | Grab the grocery list for your meal plan and mark off any items you already have before you shop. |
| |  | Freeze the ground chicken, ground turkey, and halibut. | For meals later in the week. This guide will remind you to thaw them when needed. |
| | | Portion out Pistachio and Toasted Walnut snacks for the week. | Store in small containers or ziploc bags at room temperature. |
| | | Hard boil eggs. | For Salt n' Vinegar Hard Boiled Eggs. Hard boiled eggs last for one week in the fridge before they are peeled, so make them ahead and peel as needed. |
| | | Portion out Sunflower Seed Butter and Almond Butter for the week. | Store in small containers in the fridge for easy grab-and-go snacks. |
| | | Make Marinated Mixed Bean Salad. | Divide between containers and refrigerate for lunches on Monday and Tuesday. |
| 1 Mon |  | Make Sweet Cherry Steel Cut Oats for breakfast. | Have one serving now, and store leftovers in an airtight container in the fridge for breakfast tomorrow. |

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| | | Pack your meals if you are on-the-go. | Sweet Cherry Steel Cut Oats, Celery with Sunflower Seed Butter, Marinated Mixed Bean Salad, and Pistachios. |
| |  | Make the One Pan Salmon with Green Beans & Roasted Tomato. | Enjoy for dinner. |
| 2 Tue |  | Pack your meals if you are on-the-go. | Sweet Cherry Steel Cut Oats, Celery with Sunflower Seed Butter, Marinated Mixed Bean Salad, and Toasted Walnuts. |
| |  | Make Roasted Sweet Potato & Brussels Sprouts Salad for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| 3 Wed | | Make the Asian Veggie Omelette for breakfast. | Enjoy! |
| |  | Pack your meals if you are on-the-go. | Asian Veggie Omelette, Pistachios, Roasted Sweet Potato & Brussels Sprouts Salad, and Apple with Almond Butter. |
| | | Make Spaghetti Squash Chow Mein for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| |  | Make the Carrot Cake Chia Pudding. | Follow the recipe to make the chia puddings. Divide between jars or containers and store in the fridge. |

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| | | Take ground pork out of the freezer. | Thaw in the fridge overnight for dinner tomorrow. |
| 4 Thu |  | Pack your meals if you are on-the-go. | Carrot Cake Chia Pudding, Salt n' Vinegar Hard Boiled Eggs, Spaghetti Squash Chow Mein, and Toasted Walnuts. |
| |  | Make Egg Roll in a Bowl for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| | | Take ground turkey out of the freezer. | Thaw in the fridge overnight for dinner tomorrow. |
| 5 Fri |  | Start the Slow Cooker Spaghetti Squash & Meatballs. | Follow the recipe and cook on low for 6 hours, or on high for 4 hours. |
| | | Pack your meals if you are on-the-go. | Carrot Cake Chia Pudding, Celery with Sunflower Seed Butter, Egg Roll in a Bowl, and Salt n' Vinegar Hard Boiled Eggs. |
| |  | Finish the Slow Cooker Spaghetti Squash & Meatballs for dinner. | Divide into portions. Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| 6 Sat |  | Make Avocado Sweet Potato Toast with Poached Egg for breakfast. | Optional: make an extra serving and save it for breakfast tomorrow morning. Otherwise, make it fresh tomorrow. |
| | | Pack your meals if you are on-the-go. | Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, Slow Cooker Spaghetti |

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| | | | Squash & Meatballs, and Toasted Walnuts. |
| |  | Make Roasted Winter Veggies with Tahini Drizzle for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| | | Take halibut out of the freezer. | Thaw in the fridge overnight for dinner tomorrow. |
| 7 Sun |  | Make Avocado Sweet Potato Toast with Poached Egg for breakfast. | Or enjoy the leftovers from yesterday. |
| | | Pack your meals if you are on-the-go. | Avocado Sweet Potato Toast with Poached Egg, Celery with Sunflower Seed Butter, Roasted Winter Veggies with Tahini Drizzle, and Salt n' Vinegar Hard Boiled Eggs. |
| |  | Make 15 Minute Halibut with Dill Pesto for dinner. | Bon appetit! |
| | | Prep for next week. | Don't forget to set aside time today to plan, shop, and prep for next week's meals. |