
















Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the Quick n' Easy Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		Freeze your white fish.	To preserve freshness. We'll remind you when to thaw it out later in the week.
		Get started on Blueberry Overnight Oats.	For breakfast on Monday and Tuesday. Follow the recipe and combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a container. Stir well to mix. Cover and place in the fridge overnight or for 8 hours.
		Make Avocado Egg Salad Collard Wraps.	For Monday's lunch. Store in an airtight container in the fridge.
		Prepare Celery with Sunflower Seed Butter.	For snack on Monday and Tuesday. Wash and slice celery into sticks and portion into individual baggies or containers. Portion out sunflower seed butter into small containers. Store both in the fridge.

		Get started on Cream of Broccoli Soup.	For tomorrow's dinner. Wash and slice your sweet onion, carrot, celery and broccoli and transfer to a large bowl. Cover and store in the fridge for tomorrow.
1 Mon		Finish preparing your Blueberry Overnight Oats.	Divide into jars. Add blueberries and slivered almonds. Seal and store in the fridge.
		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Avocado Egg Salad Collard Wraps and Celery with Sunflower Seed Butter.
		Finish preparing Cream of Broccoli Soup.	Enjoy for dinner. Set aside enough for tomorrow's lunch and freeze any leftovers.
		Enjoy Cashews & Clementines for snack.	
2 Tue		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Cream of Broccoli Soup and Cashews & Clementines.
		Make Chickpea, Avocado & Feta Salad for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Enjoy Celery with Sunflower Seed Butter for a snack.	
		Divide Organic Popcorn into baggies.	For snacks on Wednesday and Thursday.

		Optional: Cook up chicken breasts for tomorrow night's Chicken, Spinach & Mushroom Pasta.	Grill them or bake in the oven at 350 for 30 minutes (or until cooked through). Let cool then store in the fridge.
3 Wed		Make your Lucky Green Smoothie.	Add all ingredients to a blender and blend until smooth. Divide into glasses or mason jars.
		Pack your meals if you are on-the-go.	Lucky Green Smoothie, Chickpea, Avocado & Feta Salad and Organic Popcorn.
		Make Chicken, Spinach & Mushroom Pasta for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Make Strawberry Ice Cream for snack.	Make enough for tonight and tomorrow. Divide into snack-sized containers and store in the freezer.
4 Thu		Make your Lucky Green Smoothie.	Add all ingredients to a blender and blend until smooth and creamy. Divide into glasses or mason jars.
		Pack your meals if you are on-the-go.	Lucky Green Smoothie, Chicken, Spinach & Mushroom Pasta and Organic Popcorn.
		Make Spinach, Tomato & Goat Cheese Pizza for dinner.	Enjoy and pack away leftovers for tomorrow's lunch.
		Set out Strawberry Ice Cream to thaw.	Let thaw on the countertop for 15 - 30 minutes, then enjoy!

		Transfer your white fish to the fridge to thaw.	For tomorrow night's dinner.
		Portion out almond butter for Almond Butter Apple Sandwiches.	Divide almond butter into small containers for snacks on Friday and Saturday.
5 Fri		Make your Spinach & Goat Cheese Omelette for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Spinach & Goat Cheese Omelette, Spinach, Tomato & Goat Cheese Pizza and Almond Butter Apple Sandwiches. Tip: Pack a small knife and assemble Almond Butter Apple Sandwiches just before eating, otherwise they will brown.
		Make Fish Tacos with Pineapple Salsa for dinner.	Store leftovers deconstructed in covered containers the fridge.
		Make and enjoy Maple Roasted Almonds for snack.	Divide leftovers into containers for tomorrow's snack.
6 Sat		Make your Spinach & Goat Cheese Omelette for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Spinach & Goat Cheese Omelette, Fish Tacos with Pineapple Salsa and Almond Butter Apple Sandwich.

		Make Grilled Portobello Mushroom Pizzas for dinner.	Enjoy!
		Enjoy Maple Roasted Almonds for snack.	Nom nom nom.
7 Sun		Free day or eat-up-your-leftovers day.	Don't forget to start your planning and meal prep for next week!