

















Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for your meal plan and mark off any items you already have before you head out.
		Portion out Blackberries & Pistachios, Baby Carrots, Apples, Hummus, Grapes & Walnuts, and almond butter for snacks this week.	Store in small containers or ziploc bags in the fridge.
		Make Marinated Mixed Bean Salad.	Divide between containers and store in the fridge.
		Make Broccoli Almond Protein Salad.	Divide between containers and store in the fridge.
1 Mon		Make Protein-Packed Avocado Toast for breakfast.	Follow the simple recipe and enjoy!
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Blackberries & Pistachios, Marinated Mixed Bean Salad, and Apple Slices & Hummus.
		Enjoy the Broccoli Almond Protein Salad.	Bon appetit!
		Make the Gut Healing Green Smoothie for breakfast.	Follow recipe and enjoy!

2 Tue		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Baby Carrots & Hummus, Broccoli Almond Protein Salad, and Banana with Almond Butter.
		Make Peanut Butter Curry Chickpea Stew for dinner.	Store leftovers in an airtight container in the fridge.
3 Wed		Make Hummus Toast with Avocado for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Blackberries & Pistachios, Marinated Mixed Bean Salad, and Apple Slices & Hummus.
		Make the Sweet Potato Black Bean Quinoa Bake for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
4 Thu		Make the Gut Healing Green Smoothie for breakfast.	Follow recipe and enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Baby Carrots & Hummus, Sweet Potato Black Bean Quinoa Bake and Grapes & Walnuts.
		Enjoy leftover Peanut Butter Curry Chickpea Stew for dinner.	Reheat on the stove and enjoy!

5 Fri		Make Protein-Packed Avocado Toast for breakfast.	Follow the simple recipe and enjoy!
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Grapes & Walnuts, Marinated Mixed Bean Salad, and Pistachios.
		Make the Lentil, Sweet Potato, Arugula Salad for dinner.	Divide into portions. Store leftovers in an airtight container in the fridge for lunch tomorrow.
6 Sat		Make Avocado Tofu Veggie Scramble for breakfast.	Divide into portions. Store leftovers in an airtight container in the fridge for tomorrow.
		Pack your meals if you are on-the-go.	Tofu Veggie Scramble, Grapes & Walnuts, Lentil Sweet Potato, Arugula Salad, and Baby Carrots & Hummus.
		Make Balsamic Tempeh Bowls for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Tofu Veggie Scramble, Pistachios, Balsamic Tempeh Bowl, and Banana with Almond Butter.
		Make the Swiss Chard, Lentil, and Brown Rice bowl for dinner.	Enjoy!
		Prep for the week ahead!	Don't forget to set aside time today to plan, shop, and prep for next week's meals.