

















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.
		Make smoothie packs for your Chocolate Cauliflower Shakes and Berry Beet Smoothie Bowls.	For each recipe, portion out all ingredients, except the almond milk, into single-serving baggies or containers. Store in the freezer.
		Make the Protein Packed Deviled Eggs.	Follow the recipe and divide between containers. Store in the fridge.
		Make the Roasted Sweet Potato & Brussels Sprout Salad.	Follow the recipe, divide between containers and store in the fridge. Store the tahini dressing separately in a small jar and add before serving.
1 Mon		Make your Chocolate Cauliflower Shake.	Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth.
		Pack your meals if you are on-the-go.	Chocolate Cauliflower Shake, Protein Packed Deviled Eggs, Roasted Sweet Potato & Brussels Sprout Salad, and Grapefruit
		Make Egg Roll in a Bowl for dinner.	Store leftovers in a container for tomorrow's lunch.

2 Tue		Make your Chocolate Cauliflower Shake.	Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth.
		Pack your meals if you are on-the-go.	Chocolate Cauliflower Shake, Protein Packed Devilled Eggs, Egg Roll in a Bowl and Grapefruit
		Enjoy leftover Roasted Sweet Potato & Brussels Sprout Salad for dinner.	Add dressing and enjoy!
		Prep your Avocado Toast with Poached Egg snack.	If you will be on-the-go, hard boil eggs for the next 3 days to save time in constructing you avocado toast.
3 Wed		Make your Chocolate Cauliflower Shake.	Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth.
		Pack your meals if you are on-the-go.	Chocolate Cauliflower Shake, Avocado Toast with Poached Egg, Roasted Sweet Potato & Brussels Sprout Salad, and Grapefruit
		Make 15 Minute Halibut with Dill Pesto for dinner.	Divide leftovers into containers and store in the fridge.
4 Thu		Make your Chocolate Cauliflower Shake.	Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth.
		Pack your meals if you are on-the-go.	Chocolate Cauliflower Shake, Avocado Toast with Poached Egg, 15 Minute Halibut with Dill Pesto and

			Apple Slices & Nori Crisps.
		Make the Sausage & Sauerkraut Skillet for dinner.	Divide leftovers into containers and store in the fridge.
5 Fri		Make your Berry Beet Smoothie Bowl.	Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth.
		Pack your meals if you are on-the-go.	Berry Beet Smoothie Bowl, Avocado Toast with Poached Egg, Sausage & Sauerkraut Skillet, and Apple Slices & Nori Crisps.
		Make Baked Salmon with Broccoli & Quinoa for dinner.	Divide leftovers into containers and store in the fridge.
6 Sat		Make your Berry Beet Smoothie Bowl.	Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth.
		Make the Bloat-Fighting Tropical Smoothie.	Add ingredients to your blender and blend until smooth. Pour into a jar or travel cup.
		Pack your meals if you are on-the-go.	Berry Beet Smoothie Bowl, Bloat-Fighting Tropical Smoothie, Baked Salmon with Broccoli & Quinoa, and Apple Slices & Nori Crisps.

		Make Kale Caesar Salad with Blackened Chicken for dinner.	Divide leftovers into containers and store in the fridge.
7 Sun		Make your Berry Beet Smoothie Bowl.	Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth.
		Make the Bloat-Fighting Tropical Smoothie.	Add ingredients to your blender and blend until smooth. Pour into a jar or travel cup.
		Pack your meals if you are on-the-go.	Berry Beet Smoothie Bowl, Bloat-Fighting Tropical Smoothie, Kale Caesar Salad with Blackened Chicken, and Apple Slices & Nori Crisps.
		Enjoy leftover Baked Salmon with Broccoli & Quinoa for dinner.	Bon appetit!