

















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.
		Freeze the trout and 1/3 of the chicken breasts.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Lentil & Feta Tabbouleh.	Store in an airtight container in the fridge for lunch tomorrow.
		Make Overnight Bircher Muesli.	Divide between jars or containers for easy grab-and-go breakfasts in the mornings.
		Make the Salmon Cucumber Bites.	Store in the fridge for snacking.
		Portion out hummus, almond butter, crackers, and celery.	Store in small containers for snacks this week.
1 Mon		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Crackers & Hummus, Lentil & Feta Tabbouleh, and Salmon Cucumber Bites.

		Make Penne with Burst Cherry Tomato Sauce for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Crackers & Hummus, Penne with Burst Cherry Tomato Sauce, and Salmon Cucumber Bites.
		Make Greek Chicken Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
3 Wed		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Apple with Almond Butter, Greek Chicken Salad, and Celery & Hummus.
		Make Roasted Carrots with Lentils & Tahini for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take trout out of the freezer.	Let thaw in the fridge for dinner tomorrow.
4 Thu		Make Post Workout Green Smoothie for Breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Apple with Almond Butter, Roasted Carrots with Lentils & Tahini, and Celery & Hummus.

		Make the One Pan Mediterranean Trout with Quinoa for dinner.	Set aside one serving of quinoa for dinner on Sunday. Store remaining leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Yogurt & Berries Snacks.	Divide between containers or layer into jars and store in the fridge for snacking.
5 Fri		Make Post Workout Green Smoothie for Breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Yogurt & Berries, One Pan Mediterranean Trout with Quinoa, and Apple Slices & Hummus.
		Make Greek Kale Chickpea Salad for dinner.	Transfer leftovers to a container and store in the fridge for lunch tomorrow.
6 Sat		Make Hummus Toast with Avocado.	Enjoy for breakfast!.
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Yogurt & Berries, Green Kale Chickpea Salad, and Apple Slices & Hummus.
		Make the Mediterranean Tuna Pasta Salad for dinner.	Transfer leftovers to a container and store in the fridge for lunch tomorrow.
		Take frozen chicken breast out of the freezer.	Let thaw in the fridge for dinner tomorrow.

7 Sun		Make Hummus Toast with Avocado.	Enjoy for breakfast!
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Yogurt & Berries, Mediterranean Tuna Pasta Salad, and Apple Slices & Hummus.
		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week.
		Make Grilled Bruschetta Chicken for dinner. Serve with leftover Quinoa.	Enjoy!