

















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.
		Make the Slow Cooker Lentil Chili and Brown Rice.	Combine the ingredients in your slow cooker. Cover and cook for 6 to 7 hours on low. Meanwhile, cook the brown rice on the stove. Once done, divide the chili and rice between containers (they can be stored together or separately), and store in the fridge when cooled.
		Make the Overnight Vanilla Protein Oats.	In a large bowl or container combine the oats, chia seeds, and milk. Stir to combine. Let stand for 30 minutes, then divide into portions and store in the fridge.
		Make the Sweet & Crunchy Chickpeas.	Let them cool when they come out of the oven, then divide between small containers and store in the fridge.
		Make the Brown Rice Tortilla Chips.	Bake, cool, then divide between containers and store on the counter.

		Make the Black Bean Dip.	Divide between small containers and store in the fridge for easy grab-and-go snacks.
1 Mon		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats with Banana, Sweet & Crunchy Chickpeas, Slow Cooker Lentil Chili with Brown Rice, and Black Bean Dip with Brown Rice Tortilla Chips.
		Make the Lentils, Rapini & Mashed Potatoes with Edamame for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow night.
2 Tue		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats with Banana, Sweet & Crunchy Chickpeas, Slow Cooker Lentil Chili with Brown Rice, and Black Bean Dip with Brown Rice Tortilla Chips.
		Enjoy the leftover Rapini & Mashed Potatoes with Edamame for dinner.	Reheat in the microwave, toaster oven or oven.
3 Wed		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats with Banana, Sweet & Crunchy Chickpeas, Slow Cooker Lentil Chili with Brown Rice, and Black Bean Dip with Brown Rice Tortilla Chips.
		Make the Roasted Veggie and Quinoa Bowl with Lentils for dinner.	Transfer leftovers to a container and refrigerate for dinner tomorrow and lunch on Saturday.

		Make the Black Bean & Avocado Salad and Quinoa for lunch tomorrow.	Start by cooking the quinoa. While the quinoa is cooking, make the Black Bean & Avocado Salad. Once done, divide the salad between containers along with half of the quinoa. Store the rest of the quinoa separately in the fridge.
4 Thu		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats with Banana, Sweet & Crunchy Chickpeas, Black Bean & Avocado Salad with Quinoa, and Black Bean Dip with Brown Rice Tortilla Chips.
		Enjoy the leftover Roasted Veggie and Quinoa Bowl with Lentils for dinner.	Enjoy cold or reheat in the microwave, toaster oven or a skillet.
		Make the Peaches & Cream Overnight Oats.	Combine the oats, cinnamon, and chia seeds. Let stand for 30 minutes then divide into portions. Top with peaches and store in the fridge.
		Make your Brown Rice Chips with Salsa snacks.	Store the Salsa in the fridge and your Brown Rice Chips in a sealed container on the counter.
5 Fri		Make the Blueberry Protein Smoothie and Rice Cakes with Almond Butter & Banana for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Blueberry Protein Smoothie and Rice Cakes with Almond Butter & Banana, Brown Rice Chips with Salsa, Black Bean & Avocado Salad with Quinoa, and

			Peaches & Cream Overnight Oats.
		Make Swiss Chard, Lentil & Rice Bowl with Oven Baked Potato Wedges for dinner.	Transfer leftovers to a container and refrigerate for dinner tomorrow and lunch on Sunday.
6 Sat		Make the Blueberry Protein Smoothie and Rice Cakes with Almond Butter & Banana for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Blueberry Protein Smoothie and Rice Cakes with Almond Butter & Banana, Brown Rice Chips with Salsa, Roasted Veggie and Quinoa Bowl with Lentils, and Peaches & Cream Overnight Oats.
		Make the Lentil, Sweet Potato & Arugula Salad with leftover Quinoa for dinner.	Store leftovers in the fridge for dinner tomorrow night.
7 Sun		Make the Blueberry Protein Smoothie and Rice Cakes with Almond Butter & Banana for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Blueberry Protein Smoothie and Rice Cakes with Almond Butter & Banana, Brown Rice Chips with Salsa, Swiss Chard, Lentil & Rice Bowl with Oven Baked Potato Wedges, and Peaches & Cream Overnight Oats.

		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week.
		Enjoy the leftover Lentil, Sweet Potato & Arugula Salad with Quinoa for dinner.	Enjoy cold or lightly saute in a skillet.