










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 Peanut Butter & Jam Overnight Oats.	Prepare the recipe and store in the fridge for breakfast tomorrow.
		Make the Simple Tuna Salad.	Store in the fridge for the week.
		Make the Coconut Banana Ice Cream.	Store in a baking pan in the freezer.
		Make the Mango Coconut Popsicles.	Store in the freezer for later in the week.
1 Mon		Make the Blueberry Agua Fresca.	Pour into a travel container if on-the-go.
		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Blueberry Agua Fresca, Simple Tuna Salad, and Fresh Strawberries.
		Make the Spiced Salmon Kabobs.	Enjoy and store leftovers in the fridge for tomorrow and Wednesday.
		Enjoy the Banana Coconut Ice Cream.	Scoop out from the freezer into bowls.

2 Tue		Make the Blueberry Agua Fresca.	Pour into a travel container if on-the-go.
		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Blueberry Agua Fresca, Simple Tuna Salad, and Fresh Strawberries.
		Enjoy leftover Spiced Salmon Kabobs for dinner.	Reheat on the grill, in the oven or on the stovetop.
		Enjoy the Banana Coconut Ice Cream.	Scoop out from the freezer into bowls.
3 Wed		Make the Blueberry Agua Fresca.	Pour into a travel container if on-the-go.
		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Blueberry Agua Fresca, Spiced Salmon Kabobs, and Fresh Strawberries.
		Make the Pineapple Coconut Shrimp and Steamed Corn on the Cob.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Enjoy the Banana Coconut Ice Cream.	Scoop out from the freezer into bowls.
4 Thu		Make the Strawberry Banana Smoothie.	
		Pack your meals if you are on-the-go.	Strawberry Banana Smoothie, Pineapple, Pineapple Coconut Shrimp, Steamed Corn on the Cob, and Banana with Peanut Butter.

		Make the Grilled Honey Dijon Salmon with Zucchini & Quinoa.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Enjoy a Mango Coconut Popsicle.	
5 Fri		Make the Strawberry Banana Smoothie.	
		Pack your meals if you are on-the-go.	Strawberry Banana Smoothie, Pineapple, Grilled Honey Dijon Salmon with Zucchini & Quinoa, and Banana with Peanut Butter.
		Make the Grilled Shrimp Salad.	Enjoy and store leftovers in the fridge.
		Make the Blueberry Overnight Oats.	Prepare the recipe and store in the fridge for breakfast tomorrow.
		Enjoy a Mango Coconut Popsicle.	
6 Sat		Make the Key Lime Mousse.	Pour into a travel container if on-the-go.
		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Pineapple, Grilled Shrimp Salad, and Key Lime Mousse.
		Make the Grilled Pineapple & Chicken Salad.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Enjoy a Mango Coconut Popsicle.	

7 Sun		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Pineapple, Grilled Pineapple & Chicken Salad, and Key Lime Mousse.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy leftover Grilled Shrimp Salad for dinner.	Eat without reheating, or warm the shrimp back up on the grill or on the stovetop.
		Enjoy a Mango Coconut Popsicle.	