

















Day	Task	Notes	
0 Sun		Grocery shop.	Grab the grocery list for Week 2 and get to it! Mark off any items you already have before you head out.
		Get started on the Pumpkin Pie Overnight Oats.	Combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well, cover and store in the fridge until thickened.
		Make the Cream of Broccoli Soup.	Divide into containers and let cool. Place enough in the fridge for lunch tomorrow and freeze the rest for next week.
		Portion out the Organic Popcorn into baggies for snacks.	Create enough for snacks on Monday, Tuesday and Friday.
		Portion out the peanut butter for Banana with Peanut Butter and Celery with Peanut Butter snacks.	Store in small containers in the fridge.
		Slice carrots and celery into sticks for Carrots & Guacamole and Celery with Peanut Butter snacks.	Store in a container in the fridge. Submerge in water to prevent the veggie sticks from drying out.
		Finish making Pumpkin Pie Overnight Oats.	Divide into jars and top with toasted pecans.

1 Mon		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, Banana with Peanut Butter, Cream of Broccoli Soup and Organic Popcorn.
		Make Asian Turkey Lettuce Wraps for dinner.	Divide leftovers into containers for tomorrow's lunch. Serve deconstructed as wraps or over greens as a salad.
2 Tue		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, Banana with Peanut Butter, Asian Turkey Lettuce Wraps and Organic Popcorn.
		Make Chicken Fajitas with Cashew Sour Cream for dinner.	Divide leftovers into containers for tomorrow's lunch. Serve deconstructed as wraps or over chopped greens as a salad.
		Make Carrots & Guacamole snack.	Prepare guacamole and store in small containers. Portion carrot sticks into baggies. Store both in the fridge.
3 Wed		Make the Gut Healing Green Smoothie for breakfast.	Blend all ingredients and divide into glasses. Enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Carrots & Guacamole,

			Chicken Fajitas with Cashew Sour Cream and Celery with Peanut Butter.
		Make Tomato & Eggplant Pasta Casserole for dinner.	Portion the leftovers into containers.
4 Thu		Make the Gut Healing Green Smoothie for breakfast.	Blend all ingredients and divide into glasses. Enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Carrots & Guacamole, Tomato & Eggplant Pasta Casserole and Celery with Peanut Butter.
		Make Roasted Butternut Squash Harvest Bowl for dinner.	Divide leftovers into containers for tomorrow's lunch.
5 Fri		Make the Gut Healing Green Smoothie for breakfast.	Blend all ingredients and divide into glasses. Enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Carrots & Guacamole, Roasted Butternut Squash Harvest Bowl and Organic Popcorn.
		Enjoy leftover Tomato & Eggplant Pasta Casserole for dinner.	Bon appetit!

6 Sat		Use up any leftovers. Experiment with some new healthy meals you've been wanting to try.	Have fun!
7 Sun		Free day.	Grab your plan and guide for Week 3. Do your grocery shopping and meal prep. Prepare for another awesome week!