

Cook & Prep Schedule

< **SEPTEMBER** >

I want to...

SEE EARLIER

FRIDAY SEPTEMBER 21st

Nothing scheduled on Friday

SATURDAY SEPTEMBER 22nd

Nothing scheduled on Saturday

SUNDAY SEPTEMBER 23rd

Nothing scheduled on Sunday

MONDAY SEPTEMBER 24th

Nothing scheduled on Monday

TUESDAY SEPTEMBER 25th

Nothing scheduled on Tuesday

Nothing scheduled on Wednesday

Nothing scheduled on Thursday

FRIDAY SEPTEMBER 28th

1 MAKE AHEAD TASK

FOR SATURDAY
Prep Salad Jar Ingredients makes 2 batches

HIDE INSTRUCTIONS

INGREDIENTS

CUPS GRAMS OUNCES

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

SALAD

1 Cup Broccoli Cut Into Florets

½ Cup Corn

½ Cup Green Peas

⅔ Cup [Cooked Quinoa](#)

- 1 Prepare the quinoa according to package directions. Let cool.
- 2 Cut the broccoli into florets.
- 3 Whisk dressing ingredients together.

More info

7 MEALS

BREAKFAST:
Make 2 batches of Harvest Oatmeal (2 servings)
12 mins

SHOW INSTRUCTIONS

LUNCH:
Make Kale Salad Stuffed Pitas (2 servings)
10 mins

SHOW INSTRUCTIONS

LUNCH:
Make 2 batches of Sunflower Seeds (2 servings)
2 mins

SHOW INSTRUCTIONS

DINNER:

SNACK:
Make 2 batches of Walnuts (2 servings)
1 minute

SHOW INSTRUCTIONS

SATURDAY SEPTEMBER 29th

1 MAKE AHEAD TASK

FOR SUNDAY
Prep Salad Jar Ingredients makes 2 batches

SHOW INSTRUCTIONS

7 MEALS

BREAKFAST:
Make 2 batches of Superfood Smoothie Bowl (2 servings)
10 mins

SHOW INSTRUCTIONS

DINNER:
Make Green Goddess Dressing (2 servings)
1 hour 5 mins

SHOW INSTRUCTIONS

DINNER:
Make 2 batches of Baby Kale & Edamame Salad (2 servings)
5 mins

SHOW INSTRUCTIONS

SNACK:
Make 2 batches of Pretzels & Hummus (2 servings)
2 mins

SHOW INSTRUCTIONS

SNACK:
Make 2 batches of Apple & Peanut Butter (2 servings)
2 mins

SHOW INSTRUCTIONS

SUNDAY SEPTEMBER 30th

6 MEALS

DINNER:
Make Tuscan Raw Kale Salad (4 servings)
15 mins

SHOW INSTRUCTIONS

SNACK:
Make Autumn Sweet Potato Smoothie (2 servings)
6 mins

SHOW INSTRUCTIONS

MONDAY OCTOBER 1st

Nothing scheduled on Monday

TUESDAY OCTOBER 2nd

Nothing scheduled on Tuesday

WEDNESDAY OCTOBER 3rd

Nothing scheduled on Wednesday

THURSDAY OCTOBER 4th