

#### Sunday:

- ☐ Prep [Healthy Banana Bread](#) (remember, no mix-ins)
- ☐ While it's baking, prep your [Healthy Brownies](#) so when the Banana bread is finished, you can raise the temp and bake your brownies. Tip: I love to put my brownies straight from the oven to the freezer to cool.
- ☐ After your brownies are done, bake your chicken for your salads. I season my chicken with cooking spray, salt, pepper, and garlic powder and cook at 350 degrees for 30 minutes or until they reach 165 degrees.
- ☐ [Plans C-F only] Prep [Brown Rice](#) and freeze to use during the week.
- ☐ Prep your [Baked Eggplant Parmesan](#). While your brownies and chicken are in the oven, slice your eggplant and let it "sweat." (see the recipe full more details) Then raise your oven temperature to roast your eggplant. After they are roasted, layer your eggplant parmesan, cover with plastic wrap, and then place it in the refrigerator. You can finish baking it on Monday for dinner.
- ☐ While your Eggplant is roasting, prep your salad dressing for the week's lunches. Prep your salad ingredients and portion into containers if you need them to be grab and go.
- ☐ [Plans D-F only] Prep [Whipped Ricotta Cheesecake Strawberries](#) for your desserts. Store the strawberries and ricotta separately, and just give the ricotta a good stir when you're ready to eat.
- ☐ [Plans A-D only] Finally, boil your eggs and bake your turkey bacon for breakfasts and snacks. (Use the Instant Pot tutorial in [this post](#)). \*\*Note: you can swap breakfast eggs for scrambled, fried, or however you like them! Just use cooking oil spray for best results.
- ☐ [Plans E + F only] Finally, make your [sheet pan breakfast](#) (1½ batch!) for breakfast. You will need to prep 1 egg for each portion, however you like them - scrambled, fried, or hard boiled.

#### Monday:

- ☐ Heat your [Baked Eggplant Parmesan](#) according to the recipe.
- ☐ Ingredient Prep: While it's baking, do some veggie prep for a couple of your up and coming dinners! By the time your Eggplant is ready, you can have veggies chopped for [Chicken Tortilla Soup](#) (there aren't many!) and your [Beef and Broccoli](#) (again, just a few!). Also chop your garlic for the [Instant Pot Scalloped Potatoes Au Gratin](#). This will make the rest of your week super easy!
- ☐ If you have a little extra time, just toss together your [Chicken Tortilla Soup](#) and place it in the fridge or even cook it. Soup is always better the next day, so getting it prepped ahead of time is a great way to let the flavors meld together.
- ☐ After dinner, portion out Eggplant for Friday's lunch and freeze.

#### Tuesday:

- ☐ If you haven't done so already, use your prepped veggies to cook your [Chicken Tortilla Soup](#). So easy and delish!
- ☐ While your soup is cooking, make your easy homemade tortilla strips (in the recipe!)

#### Wednesday:

- ☐ Since you prepped your veggies, this [Beef and Broccoli](#) will be ready super fast. Cook your Cauliflower Rice in a skillet while your Beef is in your Instant Pot. Since you need steamed broccoli for tomorrow night's dinner, you can cook the broccoli separate and save a portion for your side tomorrow night!



**Thursday:**

- ❑ This dinner seems like a lot to prep, but everything will come together quickly as long as you stay organized!
- ❑ Start by peeling and slicing your potatoes for the [Scalloped Potatoes Au Gratin](#) and arranging them in your Instant Pot or in your oven safe dish. \*\*Note - if you are making your potatoes in the oven, you will need more time for them to cook! Check the recipe and perhaps prep this dish ahead of time if you can.
- ❑ Cook potatoes, then start prepping your chicken. Prepare the spice rub and cover chicken well. Allow chicken to rest.
- ❑ At this point, your potatoes should be finished. Follow the recipe to make the cheese sauce, then finish in the oven.
- ❑ While the potatoes are in the oven, cook your [Chicken Thighs](#) and heat up your broccoli for your side.

**Friday:**

- ❑ First start to get your salad ingredients ready because Salmon cooks quickly!
- ❑ Use your prepped ingredients to cook your salmon. Love this quick and easy, restaurant quality dinner!
- ❑ Before you relax for the night, take some time to assess what things you have still leftover from the week and how they can fit into your weekend. Make a plan and write it down! You've got this!