

Sunday:

- Make [granola](#) [Plans B, C, D, E, and F - make a double batch and store any leftovers in mason jar]- once cooled, portion into 1/3 c servings.
- Prepare large portion of [Freezer Friendly Brown Rice](#) [Plans B, C, D, E, F only]
- Wash and dry your veggies, then chop:
 - 1 cup of carrots (2 c. for E & F)
 - 1 cup of celery (2 c. for E & F)
 - 1/2 onion (1 for E & F)
 - 2 cloves of garlic (4 for E & F)
 - 1 zucchini, cut in half moons (2 for E & F)
 - 1 1/2 cups of fresh string beans (3 c. for E & F)
 - 1 1/2 cups of spinach (3 c. for E & F)
 - 5 cloves of garlic, don't chop - crush instead
 - 3 cups of kale (can sub spinach) - put in airtight container in the fridge
 - Carrots & celery for snacks [see week at a glance for how much your plan calls for]
 - 4 c. favorite stir fry veggies - bell peppers, zucchini, and green beans would be great.
Put veggies in airtight container in the fridge
- Cook your [Easy Chicken Veggie Soup](#) and portion into lunches [Plan C only - Add 1/2 c. cooked rice to each portion of soup. Plans E & F only - make a double batch of soup]
- Saute your ground meat for the [21 Day Fix Simple Spaghetti Squash with Meat Sauce {Crock Pot/Instant Pot}](#). You can prep your crock or instant pot inner liner with all the ingredients, cover, and store in your fridge for Monday!
- Make hardboiled eggs [Plans C, D, E, F only]
- Prep snacks
- Don't forget to make your yummy Treat Swap!
- Prep your ["Overnight" Instant Pot Steel Cut Oats](#) before going to sleep. You can make fresh everyday, or make a batch (it's safe to double- it freezes great!) for the whole week tonight and then portion them out to have on hand.

Monday:

- Everything is prepped for [21 Day Fix Simple Spaghetti Squash with Meat Sauce {Crock Pot/Instant Pot}](#) dinner, just turn on your Crock Pot or Instant Pot and go!
- Before anyone digs in to dinner, make sure to set aside Tuesday's lunch.

Tuesday:

- Easy dump and go dinner- [21 Day Fix Salsa Lime Chicken \(Instant Pot/Slow Cooker\)](#).
- While the chicken is cooking, assemble your spinach and pico de gallo in bowls and heat up your rice (if your plan calls for it).

Wednesday:

- ❑ Using the pre-cut kale (or sub spinach) make the yummy [Sausage Bean and Kale Skillet](#).
- ❑ [Plans C, D, and F only] Also heat up a bag of steamable green beans for some more veggies!

Thursday:

- ❑ Similar to Tuesday, your prep is super easy when making [Salsa Verde Pork](#). If you have the time, and feel fancy, you can sear the pork before turning on the cook time.
- ❑ As the pork is finishing up, cook a frozen steamable bag of broccoli in the microwave, and dinner is done!
- ❑ [Plans C, D, E, and F] Thaw some brown rice you cooked on Sunday to complete your meal.

Friday:

- ❑ Using your prepped veggies, make the quick and easy [Chicken Veggie Stir Fry](#) (you can sub shrimp for lent) and toss a frozen steamable bag of cauliflower rice in the microwave while it's cooking. [Plans D, E, and F should also thaw a little bit of brown rice in the microwave too!] Take it easy the rest of the night, knowing you KILLED IT this week!