

Sunday:

- Prep [Chocolate Chia Pudding](#)
- Boil Eggs for the Week (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.
- [Plan E + F only] Prepare sweet potatoes with any method using directions in [this post](#).
- Prep [BBQ Chicken + No Mayo Cole Slaw](#) for lunches. Note: only dress half the coleslaw and reserve half of the slaw and dressing for a mid week prep. Store separately in containers in the fridge. [Plan F - don't forget to make a double batch of chicken]
- Prep [Lasagna Roll Ups](#) but do not bake. Note: this recipe serves 4 and you need one portion for Thursday's lunch, so if you are feeding a family, you will probably want to make a double batch! They freeze very well, so feel free to put any leftover roll ups in the freezer for another week!
- Prep [Salt Free Taco](#) Seasoning for [Sheet Pan Nachos](#)
- Prep veggies for [Chicken Noodle Soup](#), and garlic for [Healthy Alfredo Sauce](#)
- [Plans B-F] Prepare treat swap, if using
- Wash and prep veggies and fruit for snacks, then pack up any lunches or snack you need!

Monday:

- Bake [Lasagna Roll Ups](#).
- After dinner, don't forget to portion out Roll Ups for Thursday's lunch and freeze so they stay fresh!

Tuesday:

- Don't forget your prepped [Salt Free Taco](#) Seasoning to make your taco meat!
- Midweek prep! While your oven is hot for your [Sheet Pan Nachos](#), bake chicken for tomorrow's dinner - Alfredo Sauce with Chicken. Spray chicken with cooking oil spray and sprinkle with salt and garlic powder. Cook at 400 degrees for about 25 minutes or until temperature reaches 165°F. Let it rest for 5 minutes before cutting, then store in the fridge for tomorrow.
- Then, mix the rest of the dressing and cole slaw together for your lunches for the rest of the week.

Wednesday:

- While your pasta and broccoli is cooking, make your [Healthy Alfredo Sauce](#).
- Put some extra pasta in the pot to use in tomorrow's soup. You need 1 cup cooked, [which, for long noodles, is about 3 oz dry](#).
- If you prefer, the pasta for tonight and tomorrow can easily be subbed for [brown rice](#).

Thursday:

- Use your prepped veggies and pasta to make the quick and easy [Chicken Noodle Soup](#).

Friday:

- When prepping tonight's dinner, start with the [Butternut Squash Mac and Cheese](#). Before broiling your Mac and Cheese (if you are) make your [New York Strip Steak](#). This will help ensure that everything is hot and your steak doesn't get overcooked!
- Fondue night!!! This dessert takes just minutes to prep and it's totally worth the minimal effort! If for some reason you don't have time, just enjoy some fruit and nut butter for your dessert.
- 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!