










Stress and Anxiety Support Program Meal Prep Guide

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Make the Coconut Chia Seed Yogurt.</p>	<p>Combine the ingredients and divide between containers. Let stand for 30 minutes while you move on to other tasks. Top with strawberries and store in the fridge for breakfasts on Monday, Tuesday and Wednesday.</p>
		<p>Make Hard Boiled Eggs for snacks.</p>	<p>Follow directions to hard boil eggs for snacks on Monday, Tuesday, Wednesday, Saturday and Sunday.</p>
		<p>Make the Beef Liver Pate.</p>	<p>Follow the recipe directions to make pate. Divide between containers with cucumbers and store in the fridge for snacks.</p>
		<p>Make Cream of Celery & Asparagus Soup.</p>	<p>Follow recipe directions then divide into containers. Once cool, store in the refrigerator for lunch on Monday and Tuesday.</p>

		Make Hummus & Veggie Wraps.	Store wraps in the fridge for lunch on Monday and Tuesday.
		Make the Toasted Trail Mix.	Follow the directions to toast the nuts. Store in an airtight container once cool.
1 Mon		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, Hummus & Veggie Wrap with Cream of Celery & Asparagus Soup, and Cucumbers with Beef Liver Pate.
		Make the Spaghetti Squash, Turkey & Broccoli for dinner.	Enjoy one serving and store leftovers in the fridge for dinner tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, Hummus & Veggie Wrap with Cream of Celery & Asparagus Soup, and Cucumbers with Beef Liver Pate.
		Enjoy leftover Spaghetti Squash, Turkey & Broccoli for dinner.	Reheat in the oven or in a microwave.
		Make White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing.	Divide between two containers and refrigerate for lunch Wednesday and Thursday.

3 Wed		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing, and Toasted Trail Mix.
		Make the Ground Beef, Asparagus & Mashed Sweet Potatoes for Dinner.	Enjoy one serving and store the leftover in the fridge for lunch on Friday.
		Make Cucumber Hummus Bites.	Store in the fridge for snacks over the next three days.
4 Thu		Make Warm Peas with Eggs and Avocado for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Warm Peas with Eggs and Avocado, Cucumber Hummus Bites, White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing, and Toasted Trail Mix.
		Make Kale & White Bean Caesar Salad for dinner.	Enjoy one serving and divide leftovers between containers in the fridge for lunches this weekend.
5		Make Warm Peas with Eggs and Avocado for breakfast.	Enjoy!

Fri		Pack your meals if you are on-the-go.	Warm Peas with Eggs and Avocado, Cucumber Hummus Bites, Ground Beef, Asparagus & Mashed Sweet Potatoes, and Toasted Trail Mix.
		Make Pea & Basil Buckwheat Risotto for dinner.	Enjoy one serving and store the leftover in the fridge for dinner on Saturday.
6 Sat		Make Chocolate Banana Cauliflower N'Oats.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Banana Cauliflower N'Oats, Hard Boiled Eggs with Avocado, Kale & White Bean Caesar Salad, and Cucumber Hummus Bites.
		Enjoy leftover Pea & Basil Buckwheat Risotto for dinner.	Reheat on the stovetop or in a microwave.
7 Sun		Make Chocolate Banana Cauliflower N'Oats.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Banana Cauliflower N'Oats, Hard Boiled Eggs, Kale & White Bean Caesar Salad, and Toasted Trail Mix.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!

		Make Chickpea Flatbread Pizza with Steamed Asparagus for dinner.	Enjoy!
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