

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Food prep	<ul style="list-style-type: none"> Grill veggies for salad Pre-cut salad stuff and put in baggies 	<ul style="list-style-type: none"> Butternut squash soup 					
Fitness	physio	Run physio	physio	Pilates (abs & booty focus)	hiit	physio	Hot yoga
BREAKFAST	Green smoothie	Oatmeal with berries	Green smoothie	Oatmeal w berries	Green smoothie	Oatmeal with berries	Green smoothie
LUNCH	Leftovers	Mixed green salad with veggies, avocado and warm falafel	Butternut squash soup	Whole wheat wrap with guac, mixed greens and falafel	Butternut squash soup	Mixed green salad with veggies, avocado and warm falafel	Whole wheat wrap with guac, mixed greens and falafel
SNACK	Celery & baby carrots	Celery & baby carrots	Apple w aged cheddar	Celery & baby carrots	Celery & baby carrots	Apple w aged cheddar	Celery & baby carrots
DINNER	Thai green cashew chicken curry http://nutritioninthebitch.com/slow-cooker-thai-green-cashew-chicken-curry-vegetarian-option/	Pumpkin chili http://www.theedgyveg.com/2017/10/04/pumpkin-chili-vegan-gluten-free/	Leftover Thai cashew chicken curry	Leftover pumpkin chili	Buffalo Cesar wrap http://www.theedgyveg.com/2016/03/07/vegan-recipe-buffalo-chicken-caesar-wrap/	Leftover buffalo cesar wrap	Grilled Chicken Cesar salad Recipe we already have