

Prep Guide & Journal: Week 3



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Prep Guide	Make rice for the week - as much as you want (45 min) Make macro bowl (20 min) Make protein bars (30 min) Make brownies (45 min)			Make sandwiches (15 min)	Make chili (1 hour)	Make dressing (10 min)	Make kale chips (15-25 min)
Breakfast							
Lunch				Chickpea Salad Sandwich with Avo-Mayo		Creamy Orange-Ginger Dressing	
Dinner	Sesame-Ginger Macro Bowl				Lentil Chili		
Snack		Chocolate Protein Bars					Kale Chips
Dessert			Black Bean Brownies				
Exercise							
Digestion							
Stress, Mood & Energy							
Sleep							
Gratitude							