





## Daily Prep Guide - Eating for Happiness Program



Day	Task	Notes	
<b>0 Sun</b>		Grocery shop.	Grab the grocery list for the Eating for Happiness Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		After grocery shopping, freeze chicken breasts and salmon fillets to preserve freshness.	You won't be needing these until later on in the week. We'll remind you when to set them out.
		Place frozen shrimp in the fridge to thaw.	You will need these for tomorrow's dinner.
		Make smoothie packs for the Winter Berry Smoothie.	Make enough smoothie packs for Monday, Tuesday and Wednesday breakfasts. Portion out ground flaxseed, hemp seeds, frozen berries and spinach into baggies or containers. Store smoothie packs in the freezer.
	Make Avocado Egg Salad Sandwich.	Place in sandwich container in the fridge for tomorrow's lunch.	

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		Prepare Clean Trail Mix snacks.	Portion out into baggies or containers. Store at room temp.
		Optional Time Saver: Cook quinoa for Spicy Shrimp Fried Rice for tomorrow night's dinner.	Cook up quinoa and store it in an airtight container in the fridge. This will save you some time tomorrow night at dinner.
<b>1 Mon</b>		Make Winter Berry Smoothie.	Add contents of your smoothie pack (ground flaxseed, hemp seeds, frozen berries and spinach) to the blender. Add in your peeled and sectioned navel orange and almond milk. Blend very well until smooth. Transfer to a glass or a mason jar with lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Winter Berry Smoothie, Avocado Egg Salad Sandwich and Clean Trail Mix.
		Make Spicy Shrimp Fried Rice.	Enjoy for dinner and pack away a portion for your lunch tomorrow.
		Prepare ingredients for Crock Pot Cabbage Roll Stew.	Process cauliflower into rice. Add it to a large bowl with chopped cabbage, diced onion, minced garlic, crushed tomatoes, olive oil, italian seasoning, red pepper flakes, sea salt and black pepper. Cover and store in the fridge overnight.



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		Make Broiled Pineapple with Cinnamon for a snack.	Enjoy!
<b>2</b> <b>Tue</b>		Get the Crock Pot Cabbage Roll Stew started.	Add all the ingredients you prepared last night into the crock pot. Add water and stir well to mix. Set the extra lean ground turkey on top and cover with a lid. Set on low for 7 to 8 hours.
		Make Winter Berry Smoothie.	Add contents of your smoothie pack to the blender. Add in your peeled and sectioned navel orange and almond milk. Blend very well until smooth. Transfer to a glass or a mason jar with a lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Winter Berry Smoothie, Spicy Shrimp Fried Rice and Clean Trail Mix.
		Enjoy Crock Pot Cabbage Roll Stew for dinner.	Add spinach and garnish with parsley (optional). Pack away a portion for your lunch tomorrow and freeze the leftovers.
Make Hummus Dippers.		Make up enough for snack on Wednesday and Thursday. Slice veggie sticks and assemble into jars with hummus at the bottom. Seal and store in the fridge.	




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		Thaw your chicken breasts for tomorrow night's Crock Pot Chicken Pesto.	Transfer to the fridge before going to bed.
		Chop white onion for Crock Pot Chicken Pesto.	Transfer to a bowl and cover. Store in the fridge overnight.
		Make Broiled Pineapple with Cinnamon for a snack.	Enjoy!
3 Wed		Make Winter Berry Smoothie.	Add contents of your smoothie pack to the blender. Add in your peeled and sectioned navel orange and almond milk. Blend very well until smooth. Transfer to a glass or a mason jar with lid if you are on-the-go.
		Start Crock Pot Pesto Chicken.	Throw the onion you chopped last night into the crock pot. Set chicken breast on top and pour in broth. Season with sea salt and black pepper. Cover and cook on low for 6 to 8 hours.
		Pack your meals if you are on-the-go.	Winter Berry Smoothie, Crock Pot Cabbage Roll Stew and Hummus Dippers.
		Finish making Crock Pot Pesto Chicken.	Shred the chicken. Make the pesto then toss well to coat. Enjoy, then pack a portion for your lunch tomorrow.





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		Make Sweet Cherry and Steel Cut Oat jars.	Cook steel cut oats and divide into jars. Top with frozen cherries and hemp seeds. Seal and store in the fridge. Reheat before eating.
		Prepare Dark Chocolate & Pistachios for snack.	Enjoy!
<b>4 Thu</b>		Pack your breakfast, lunch and snacks if you are on-the-go.	Sweet Cherry Steel Cut Oats, Crock Pot Pesto Chicken and Hummus Dippers.
		Make Roasted Tomato & Red Pepper Lentil Soup for dinner.	Set aside enough for your lunch tomorrow and freeze any that remains.
		Set out salmon to thaw for tomorrow's Pistachio Crusted Salmon.	Transfer to the fridge before you go to bed.
		Make Spiced Walnuts.	Divide into containers for snacks on Friday and Saturday.
		Prepare Dark Chocolate & Pistachios for snack.	Enjoy!
<b>5 Fri</b>		Don't forget to pack your lunch!	Sweet Cherry Steel Cut Oats, Roasted Tomato & Red Pepper Lentil Soup and Spiced Walnuts.
		Make Pistachio Crusted Salmon for dinner.	Set aside leftovers for your lunch tomorrow.

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		Make Chocolate Dipped Strawberries for snack.	Prepare enough for snack tonight and tomorrow night. Store in an airtight container in the fridge.
<b>6 Sat</b>		Make Avocado Toast with a Poached Egg for breakfast.	Enjoy!
		Warm up leftover Pistachio Crusted Salmon for lunch.	Nom nom nom.
		Have Spiced Walnuts for snack.	Happy munching!
		Reheat leftover Crock Pot Cabbage Roll Stew for dinner.	Enjoy!
		Have Chocolate Dipped Strawberries for snack.	Nom nom nom.
<b>7 Sun</b>		Free day or eat-up-your-leftovers day.	Start your planning and meal prep for next week.