

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
That Morning :	Eat whatever you want. Check to make sure you have the ingredients for yogurt pops.	Take pops out of the freezer and peel away Dixie cups. Enjoy!	Pour smoothies and top with almonds. Eat with toast.	Mash peaches and mix with spices. Spread on toast and eat with yogurt.	Microwave french toast and serve with syrup.	Eat chia almond breakfast pudding with fruit OR microwave your frittata and serve with herbs and mustard if you want.
That Night:	Assemble Yogurt pops and pop them in the freezer... the later the better.	Measure ingredients for smoothies, blend and chill. Toast almonds and chill.	Make you vanilla spice mix. Dice peaches.	Cube bread, place in mug. Mix egg mixture and start soaking if you want.	Mix chia seeds with almond milk and chill OR prep you frittata in a mug by mixing egg and veggies.	Celebrate the weekend by making a 2 minute personal cookie. Yay!