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WEEK ONE MEAL PREP

THE NIGHT BEFORE DAY 1

- Make 3 Cherry Pie Fridge Oats and 7 hard-boiled eggs.
- Make 3 Roasted Veggie Power Bowls. Ziplock makes a Frugal Girl version of divided storage containers. (That's what we used in the pictures!) We recommend investing in four for easy lunch meal prep.
- Prep the strawberries and sweet potatoes for 2 days of Street Tacos and prep the bell pepper and grate the cheese for 1 day of Pita Pizza Party. (Prep just means to cut them so they're quicker to use later!)

THE NIGHT OF DAY 3

- Make 3 Cherry Pie Fridge Oats.
- Make 4 Roasted Veggie Power Bowls. (The Mayo Clinic does not recommend keeping leftovers for more than 4 days, so don't do all 7 at once.)
- Prep the strawberries and sweet potatoes for 2 days of Street Tacos and prep the bell pepper and grate the cheese for 2 days of Pita Pizza Party.

THE NIGHT OF DAY 6

- Make 2 Cherry Pie Fridge Oats. (Yes, this means 8 total. You're making one extra for Day 7 of Week Two. We'll explain at the beginning of Week Two!)



The screenshot displays the HubSpot CRM dashboard. On the left is a dark sidebar with navigation icons for Contacts, Campaigns, Automations, Conversations, Lists, Forms, Reports, Refer Friends, Apps, Settings, and a user profile for Michael. The main content area is divided into several sections:

- Active Contacts:** Shows a count of 573 contacts with a green 'New' badge.
- Automations:** A list of active automation workflows including 'Automation 3', 'Clickfunnels Affiliates', 'Passive Using Welcome', and 'SAM Funnel', each with a green 'Active' badge and a 'Create New' button.
- Campaigns:** A section titled 'Contact Trend' with a green bar chart. Below it, a list of campaigns includes 'Affiliatecamp', 'Final CFA Last Push', 'Final CFA', 'Time Kinest: up', and 'One Day Left', with a 'Create New' button and a 'Share' link.
- Manage Templates:** A grid of various email and landing page templates.

 On the right side, there is a 'Create a campaign' button and a 'Recent Activity' section showing a list of events such as '1 Subscribed 2 hours ago', '2 Subscribed 3 hours ago', '1 Subscribed 10 hours ago', '1 Subscribed 6 days ago', '1 Click thru 6 days ago', and '1 Subscribed 6 days ago', each with a corresponding user icon.

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