

Simplify MEAL PLANNING



WRITE DOWN YOUR FAVORITE DISHES AND FOOD ITEMS

BREAKFAST

7+ HIGH PROTEIN OPTIONS

GREEN/SALAD

ENTRÉE

14+ EASY DISHES FOR
WEEKNIGHTS
5+ SPECIAL DISHES FOR
WEEKENDS

SNACK

MUST-TRY NEW DISHES

Weekly

MEAL PLAN



DATE:

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Snacks



Grocery LIST



DATE _____

DAIRY

PROTEIN

DRY GOODS

PRODUCE

HOUSEHOLD

OTHER