MEAL PREP JOURNAL

Plan Your Weekly Meals

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Words to Keep

"A written shopping list is the cheapest diet plan there is."

"Good food on a busy day starts with ten minutes of planning on a calm one."

Week 1

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Cook in bulk and freeze portions

Week 2

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Use leftovers creatively

Week 3

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Include a protein in every meal

Week 4

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Include fruit in breakfast

Week 5

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Drink a glass of water before each meal

Week 6

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Cook a meal from scratch

Week 7

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Cook a meal from scratch

Week 8

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Shopping List:

Tip: Try a new vegetable this week

About This Printable

MEAL PREP JOURNAL

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