



Weekly Meal Planner

			To Prep/Notes		
MONDAY	BREAKFAST			GROCERY LIST	
	LUNCH				
	DINNER				
TUESDAY	BREAKFAST				
	LUNCH				
	DINNER				
WEDNESDAY	BREAKFAST				
	LUNCH				
	DINNER				
THURSDAY	BREAKFAST				
	LUNCH				
	DINNER				
FRIDAY	BREAKFAST			SNACKS	
	LUNCH				
	DINNER				
SATURDAY	BREAKFAST				
	LUNCH				
	DINNER				
SUNDAY	BREAKFAST				
	LUNCH				
	DINNER				

Tips for Successful Planning

Pick your prep and shopping day.

Note your busy times during the week. These may be ideal times for leftovers or your quick meal out.

Consider freezing meals in pre-portioned containers for quick grab and go.

Build a basic shopping list of items to always have on hand. Examples: onions, bread, eggs, etc..

Be prepared in the store. Organize your shopping list.

Prep ahead. What can you reuse from a prior meal? Can you batch roast vegetables or make extra rice?

Choose 3-4 recipes to cook each week. Focus on those than can provide leftovers.

Look for ways to change a meal by using a different sauce or dressing.

Use leftover roasted or grilled chicken in a salad or sandwich.

Elevate. If you're working on a budget, elevate packaged foods by adding leftover protein or frozen vegetables.

Batch cook. Make larger batches of food that you can freeze into meal-sized portions for grab and go on busy days. Cook a batch of muffins and freeze them individually to thaw when needed.