

Weekly Meal Prep Planner

Plan a week of healthy meals in minutes. Includes meal planning, grocery list, and prep checklist.

■ WHAT'S INCLUDED:

- 7-day meal planning grid
- Breakfast, lunch, dinner sections
- Snack planning
- Integrated grocery list

WEEKLY MEAL PLANNER

Day	Breakfast	Lunch	Dinner	Snacks
Monday	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____
Thursday	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Saturday	_____	_____	_____	_____
Sunday	_____	_____	_____	_____

GROCERY SHOPPING LIST

PRODUCE

■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____

MEAT/PROTEIN

■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____

DAIRY

■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____

PANTRY

■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____

FROZEN

■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____

■	_____	_____
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OTHER

■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____
■	_____	_____