

New Year Meal Planning Kit

Start 2026 with healthy eating habits. January-focused meal planning with New Year's goals.

■ WHAT'S INCLUDED:

- January meal calendar
- Healthy recipe ideas
- Goal-based meal planning
- Progress tracker

WEEKLY MEAL PLANNER

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

GROCERY SHOPPING LIST

PRODUCE

<input type="checkbox"/>		

MEAT/PROTEIN

<input type="checkbox"/>		

DAIRY

<input type="checkbox"/>		

PANTRY

<input type="checkbox"/>		

FROZEN

<input type="checkbox"/>		

<input type="checkbox"/>	_____	_____
--------------------------	-------	-------

OTHER

<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____