

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

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

MEAT/PROTEIN

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

DAIRY

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

PANTRY

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

FROZEN

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

■	_____	_____
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OTHER

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