

# 4-WEEK MEAL PLANNER

FITNESS  
*fernwood*®

# THE SECRET TO NAILING MEAL PREP

## HOW TO USE THIS PLANNER

- Set some time aside to schedule your meals for the upcoming week, using our weekly meal planner.
- Fill your meal planner ensuring to include three meals and two snacks per day.
- As well as your workout goals, set at least one SMART meal-related goal (specific, measurable, achievable, relevant, timely) per week to work towards.  
Some examples include:  
I will experiment with herbs and spices in three meals this week. I will bulk meal prep two meals on Sunday night.

We know how hard it can be to stick to healthy eating habits. We feel super motivated at the start of the week, but then we may start to lose our motivation as the week goes on. That's why we've created a 4-Week Meal Planner to help you stay on track! This planner will not only help you stick to healthy eating that nourishes and fuels your body, but can also help you meal prep your food in bulk, or in advance. You'll never have to answer the questions of 'what's for dinner' at the end of a long day, because everything is organised for you.

Don't forget to share your recipe creations on social media using #FernwoodFitness.

Love your Fernwood Family xx

4-WEEK  
MEAL  
PLANNER

- At the end of each week, it's important to review our progress and reflect on what we have achieved.
- After planning your meals for a month, reflect on what you have achieved and what your goals are for the upcoming month.

# WEEK 1

My goal this week is...

**B** BREAKFAST

**MS** MORNING SNACK

**L** LUNCH

**AS** AFTERNOON SNACK

**D** DINNER

**W** GLASSES OF WATER

MON

TUE

WED



THU

FRI

SAT

SUN

**B**

**MS**

**L**

**AS**

**D**

**W**



This week I am most proud of...

This week I struggled with...

In the future I will...

# WEEK 2

My goal this week a is...

	MON	TUE	WED
B BREAKFAST			
MS MORNING SNACK			
L LUNCH			
AS AFTERNOON SNACK			
D DINNER			
W GLASSES OF WATER			
	THU	FRI	SAT
B			
MS			
L			
AS			
D			
W			
	SUN		

This week I am most proud of...

This week I struggled with...

In the future I will...

# WEEK 3

My goal this week is...

	MON	TUE	WED
B BREAKFAST			
MS MORNING SNACK			
L LUNCH			
AS AFTERNOON SNACK			
D DINNER			
W GLASSES OF WATER			
	THU	FRI	SAT
B			
MS			
L			
AS			
D			
W			
	SUN		

This week I am most proud of...

This week I struggled with...

In the future I will...

# WEEK 4

My goal this week is...

**B** BREAKFAST

**MS** MORNING SNACK

**L** LUNCH

**AS** AFTERNOON SNACK

**D** DINNER

**W** GLASSES OF WATER

MON

TUE

WED



THU

FRI

SAT

SUN

**B**

**MS**

**L**

**AS**

**D**

**W**



This week I am most proud of...

This week I struggled with...

In the future I will...

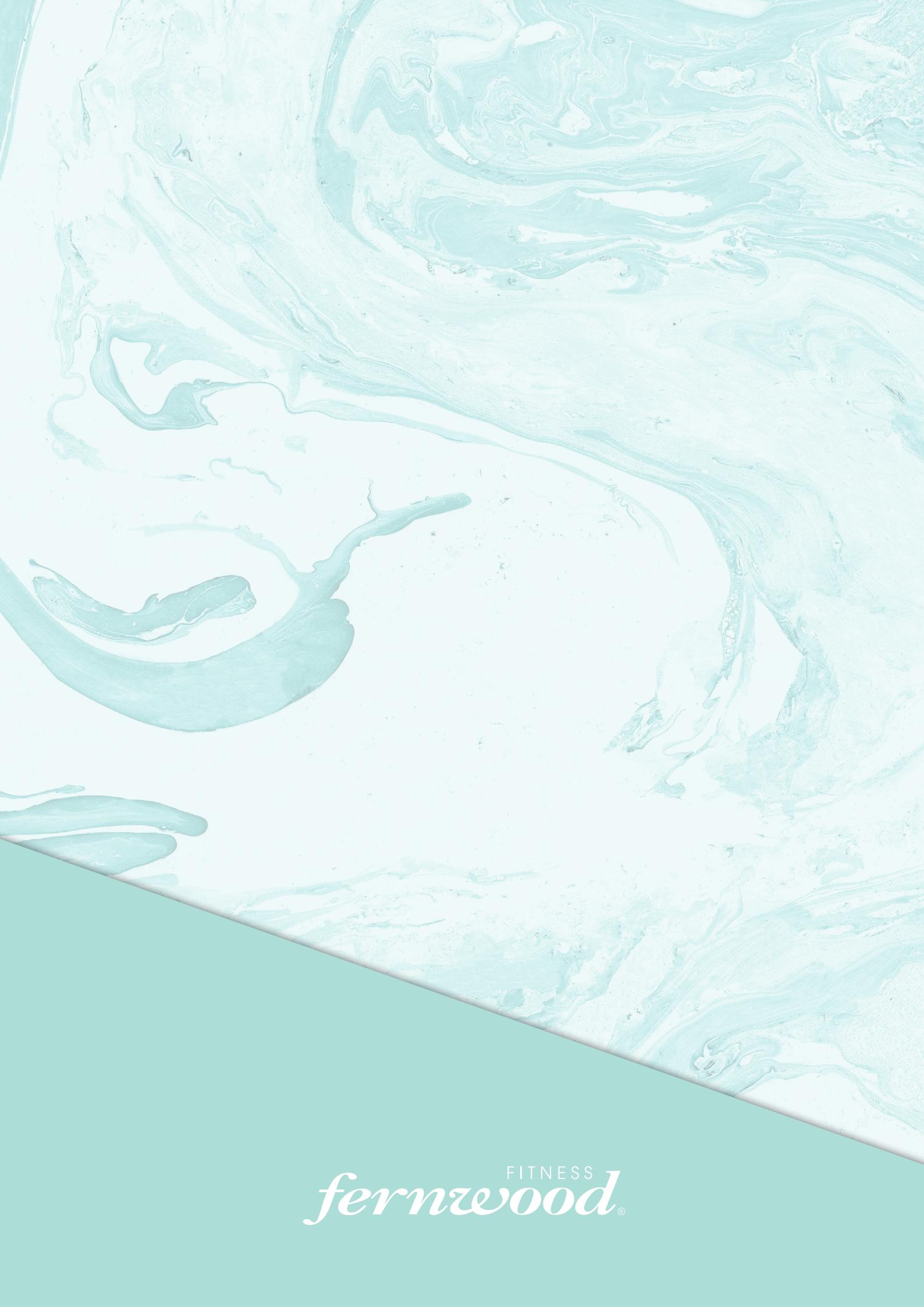
My favourite recipe this month was...

The goal I am most proud of achieving is...

A new ingredient/recipe I am going to try next month is...

Next month my main goal is...

# MY MONTH IN REVIEW

The background of the entire image is a marbled pattern in shades of teal, light blue, and white, resembling liquid or flowing organic forms.

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*fernwood*<sup>®</sup>