

## How to Meal Plan for the Week

- List of 5-10 meals you currently make and enjoy
- Break each meal down into a protein, starchy carb and vegetable
  - ie: baked chicken breast, rice, roasted carrots & peppers
- Add 2-3 new recipes/ideas you have been meaning to try
- List of 3-4 snacks where protein has been prioritized such as:
  - **2 turkey bite sticks**, apple, 10 rice crackers
  - **Cottage cheese**, berries, 2 cookies
  - **Protein shake**, ½ bagel with cream cheese
- Build your grocery list from this plan




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## “Leftovers for Lunch”

- Simplify your meal planning
- Plan to make extra at dinner for leftovers the following days
- This takes zero additional effort or thought; keep meal planning simple
- Saves time, money and is healthier - We tend to eat out more often when food is not ready and available. Eating food you make at home will inherently have far less calories and fats than a similar meal ordered in a restaurant.




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## How to Meal Plan for the Week

Weekly Meal Planning

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Using the attached template or similar, fill in your plan for the week using your list you have compiled. This also becomes your grocery list.




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