

Meal Planning Template

Monday:		Groceries
Breakfast	Dinner	▶
Lunch	Snacks	▶
Tuesday:		▶
Breakfast	Dinner	▶
Lunch	Snacks	▶
Wednesday:		▶
Breakfast	Dinner	▶
Lunch	Snacks	▶
Thursday:		▶
Breakfast	Dinner	▶
Lunch	Snacks	▶
Friday		▶
Breakfast	Dinner	▶
Lunch	Snacks	▶
Saturday		▶
Breakfast	Dinner	▶
Lunch	Snacks	▶
Sunday		▶
Breakfast	Dinner	▶
Lunch	Snacks	▶
What's available?		
Leftovers	Vegetables/Fruit	Carb sources
▶	▶	▶
▶	▶	▶
▶	▶	▶
▶	▶	▶
▶	▶	▶
Prepped Food	Meats/Protein sources	Fat sources
▶	▶	▶
▶	▶	▶
▶	▶	▶
▶	▶	▶
▶	▶	▶