

# WEEKLY MEAL PLAN

Week of:

Goals:

## DINNER PLAN

Tip: Plan at least 4-5 meals, choosing recipes based on scheduled activities. Add recipe components to meal prep if desired

Sun	
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	

## MEAL PREP

Tip: Choose 1-2 breakfast items, 1-2 lunch/protein items and 2-3 sides/snacks. Add dinner components, condiments and spice mixes as needed

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## SHOPPING LIST

Protein	Produce	Pantry	Frozen	Misc