

Weekly Meal Planning Template



	Breakfast	Lunch	Dinner	Snacks <i>(optional)</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Groceries to purchase

Cheat Sheet

Protein (20–30g per meal) • Lean meats • Fish • Eggs • Tofu • Beans • Lentils • Greek yogurt • Cottage cheese	Fiber-rich Carbohydrates (8–10g per meal) • Vegetables • Fruits • Legumes • Whole grains
Healthy Fat (1–2 servings per meal) • Avocado • Olive oil • Nuts • Seeds • Tahini	Flavor Builder • Spices • Herbs • Sauces • Condiments