

MY MEAL PLAN

Plan out your meals and snacks for at least 5 days. Take inventory of what you already have and then make your grocery list.

	BREAKFAST	LUNCH	DINNER	SNACKS	Grocery List
MONDAY					_____

TUESDAY					_____

WEDNESDAY					_____

THURSDAY					_____

FRIDAY					_____

SATURDAY					_____

SUNDAY					_____

- Think of this as what you're planning on eating for the week. You can give yourself a couple of different options, so you have some flexibility.
- Include leftovers whenever possible.
- Include easy to prepare foods when you have a busy week.
- Include a protein and a carbohydrate for each meal and snack. For lunch and dinner, think to yourself, "I need a protein, carbohydrate, and vegetable."