

Meal Prep Planner

Plan your meals, simplify your week

Week of: _____

Weekly Meal Plan				
Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Tip: Include portion sizes and estimated calories for each meal.

Prep Day Notes

Prep day (circle one): Sun Mon Tue Wed Thu Fri Sat

Meals to batch-cook in advance:

Ingredients to pre-chop or portion:

Grocery Shopping List

Organize by category for an efficient shopping trip

Produce (fruits & vegetables)

Item	Qty / Amount	Got?

Protein (meat, fish, tofu, eggs)

Item	Qty / Amount	Got?

Dairy (milk, cheese, yogurt)

Item	Qty / Amount	Got?

Grains (bread, rice, pasta, cereal)

Item	Qty / Amount	Got?

Pantry (oils, sauces, spices, canned goods)

Item	Qty / Amount	Got?

Recipe Links / Notes
