

Week of: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_



# My weekly meal plan

Sunday	B		
	L		
	S		
	D		
Monday	B		
	L		
	S		
	D		
Tuesday	B		
	L		
	S		
	D		
Wednesday	B		
	L		
	S		
	D		
Thursday	B		
	L		
	S		
	D		
Friday	B		
	L		
	S		
	D		
Saturday	B		
	L		
	S		
	D		

## Grocery list

Produce

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Protein

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Whole grains

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Dairy

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Other

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## Make it a balanced plate

It's as simple as eyeballing it!

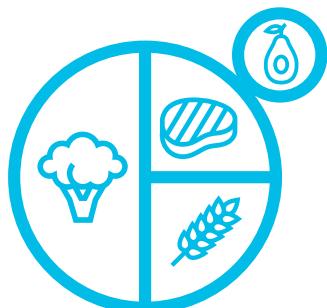
A balanced plate has:

50% non-starchy veggies

25% lean proteins

25% whole grains or  
starchy veggies

1-2 Tbsp of healthy fats



← Check this box if your plate was balanced.