

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

Protein

Whole grains

Dairy

Other

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.