



Meal
PLANNER

DAILY MEAL PLANNER

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

WEEKLY MEAL

WEEK : _____

DATE : _____

MONDAY

B _____
L _____
D _____
S _____

SATURDAY

B _____
L _____
D _____
S _____

TUESDAY

B _____
L _____
D _____
S _____

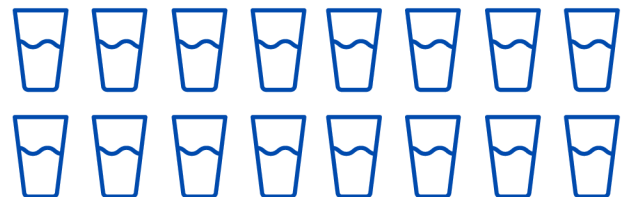
SUNDAY

B _____
L _____
D _____
S _____

WEDNESDAY

B _____
L _____
D _____
S _____

WATER IN TAKE



THURSDAY

B _____
L _____
D _____
S _____

SHOPPING LIST

○ _____
○ _____
○ _____
○ _____
○ _____

FRIDAY

B _____
L _____
D _____
S _____

WEEKLY MEAL

WEEK : _____

DATE : _____

MONDAY

B	
L	
D	
S	

SATURDAY

B	
L	
D	
S	

TUESDAY

B	
L	
D	
S	

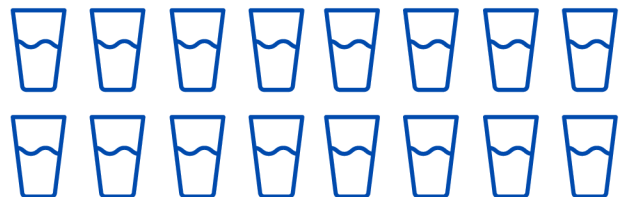
SUNDAY

B	
L	
D	
S	

WEDNESDAY

B	
L	
D	
S	

WATER IN TAKE



THURSDAY

B	
L	
D	
S	

SHOPPING LIST

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

FRIDAY

B	
L	
D	
S	

WEEKLY MEAL

Date:

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

MEAL PLANNER

Week:

	MON	Things to Buy
AM		
NN		
PM		
	TUES	
AM		
NN		
PM		
	WED	
AM		
NN		
PM		
	THU	
AM		
NN		
PM		
	FRI	
AM		
NN		
PM		
	SAT	
AM		
NN		
PM		
	SUN	
AM		
NN		
PM		

MONTHLY MEAL

Date: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun

CALORIE JOURNAL

START DATE: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER							
Total Calories:	Total Calories:	Total Calories:	Total Calories:	Total Calories:	Total Calories:	Total Calories:	Total Calories:

FAVOURITE FOODS

Breakfast

Lunch

Dinner

Snacks

RECIPE CARDS

RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

FAVOURITE RECIPES

Date: _____

Recipe Name	Difficulty	Raiting
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆
	1 2 3 4 5	☆☆☆☆☆

GROCERIES LIST

MONTH:

WEEK:

FROZEN
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MEATS / FISH
<input type="checkbox"/>
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PASTA
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FRUITS
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VEGETABLES
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DAIRY
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MEAL IDEAS

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

SNACK IDEAS

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

COOKING CHALLENGE

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

