

# Weekly Meal Prep

Month: \_\_\_\_\_

Week: \_\_\_\_\_

|               | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast     |        |         |           |          |        |          |        |
| Lunch         |        |         |           |          |        |          |        |
| Dinner        |        |         |           |          |        |          |        |
| Dessert/Snack |        |         |           |          |        |          |        |

Grocery shopping:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_