

Weekly Meal Planner

Instructions:

Use this page to plan your meals for the week ahead. Try to include a good source of protein, a colorful vegetable, and something high in fiber at each meal. Leave space for notes or swaps as your week unfolds.

Tip: Post this on your refrigerator or kitchen board. Use a pencil — flexibility is part of the plan!

Day	Breakfast	Lunch	Dinner	Snacks / Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

💡 **Key Takeaway:** A little planning goes a long way — your meals will balance themselves when you see them side by side.