



# Weekly Meal Planner Example

### Step 1: Map out your week.

Plug in any commitments that will affect your meal plans (ordering out, late night working- best for leftovers, etc.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Veggie Stir Fry	Lentil Tacos	Leftovers!	Breakfast for Dinner	Order Take Out	Make Your Own Pizza	Leftovers!

### Step 2: Select recipe & meal ideas.

Look at what you already have on hand to inform recipe choices. Combine new recipes and familiar ones. Plug into calendar!

Ingredients On Hand	Recipes To Try (2-3)	Additional Go-To Meal Ideas (2-3)
Rice Frozen Edamame Lentils Frozen Berries Nut Butter	Veggie Stir Fry Lentil Tacos Make Your Own Pizza	Breakfast for Dinner Leftovers Veggie Wraps

### Step 3. Build your grocery list.

Organize by food group to breeze through the store and promote a wide variety of foods & nutrients!

Fruits & Veggies	Proteins	Grains	Diary	Fun Foods + Other
Apples, Bananas Fresh berries Spinach Bell Peppers, Onion Mushrooms Avocado Broccoli Shredded Carrots	Eggs Chickpeas Black beans Tofu	Wraps/Tortillas Quinoa Oatmeal Crackers	Yogurt Cheddar Cheese Almond Milk	Taco Seasoning Packet Pizza Sauce Peanut Butter Pretzels Chocolate Chips Granola Bars



# Weekly Meal Planner **Blank**

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Plug in any commitments that will affect your meal plans (post work activities, happy hours, out to eat, etc.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

### Step 2: Select recipe & meal ideas.

Look at what you already have on hand to inform recipe choices. Combine new recipes and familiar ones. Plug into calendar!

Ingredients On Hand	Recipes To Try (2-3)	Additional Go-To Meal Ideas (2-3)

### Step 3. Build your grocery list.

Organize your list by food group to breeze through the store and promote a wide variety of foods & nutrients!

Fruits & Veggies	Proteins	Grains	Dairy	Fun Foods + Other