

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

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Protein

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Whole grains

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Dairy

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Other

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## 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.