

# Meal Planning and Prep



*"This journey is meant to be a beautiful lifestyle change. Do what works for you! Don't stress and make it complicated. All it takes is a little extra planning and you can make this healing, happy, healthy lifestyle work for you too!"*

Meal Planning for the week of \_\_\_\_\_

The day(s) and time(s) that is most convenient for me to go grocery shopping is/are:

\_\_\_\_\_

The day(s) and time(s) that is most convenient for me to meal prep is/are:

\_\_\_\_\_

This week I will prepare the following breakfast options:

1. \_\_\_\_\_

2. \_\_\_\_\_

This week I will prepare the following main dishes:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest challenge this week is

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My goal for meal prep this week is to

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Failing to plan is planning to fail.*



# Weekly Menu



Meal Planning for the week of \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> _____ _____ _____ _____	<b>Breakfast:</b> _____ _____ _____ _____	<b>Breakfast:</b> _____ _____ _____ _____	<b>Breakfast:</b> _____ _____ _____ _____	<b>Breakfast:</b> _____ _____ _____ _____	<b>Breakfast:</b> _____ _____ _____ _____	<b>Breakfast:</b> _____ _____ _____ _____
<b>Lunch:</b> _____ _____ _____ _____	<b>Lunch:</b> _____ _____ _____ _____	<b>Lunch:</b> _____ _____ _____ _____	<b>Lunch:</b> _____ _____ _____ _____	<b>Lunch:</b> _____ _____ _____ _____	<b>Lunch:</b> _____ _____ _____ _____	<b>Lunch:</b> _____ _____ _____ _____
<b>Dinner:</b> _____ _____ _____ _____	<b>Dinner:</b> _____ _____ _____ _____	<b>Dinner:</b> _____ _____ _____ _____	<b>Dinner:</b> _____ _____ _____ _____	<b>Dinner:</b> _____ _____ _____ _____	<b>Dinner:</b> _____ _____ _____ _____	<b>Dinner:</b> _____ _____ _____ _____
<b>Detox Items/ Snacks:</b> _____ _____ _____ _____	<b>Detox Items/ Snacks:</b> _____ _____ _____ _____	<b>Detox Items/ Snacks:</b> _____ _____ _____ _____	<b>Detox Items/ Snacks:</b> _____ _____ _____ _____	<b>Detox Items/ Snacks:</b> _____ _____ _____ _____	<b>Detox Items/ Snacks:</b> _____ _____ _____ _____	<b>Detox Items/ Snacks:</b> _____ _____ _____ _____

Notes:

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



