

# OVERVIEW



I hope you enjoy this FREE resource made just for you!

This is what I use every week to plan my meals and ensure I get all the groceries I need to make it happen. Being organized is the best way to make meal planning quick and easy, and ensure you don't have to stress throughout the week, or on the days you need a grocery trip.

Whether you're looking to just make your life a little easier or start making more of an effort to eat more plants, this planner will keep you on track.

Here are a few tips to get started...

1. I recommend you print this out to post in your kitchen somewhere. If you can, get the 'Weekly Meal Plan' section laminated so you can simply use a dry erase marker and reuse it every week as a sustainable option!
2. At the top you can write the week you're planning for and along the side write down 2-3 snack options. I've also designated an area where you can track anything you run 'out of' throughout the week so you can easily remember to add it to your next list.
3. The 'Grocery List' has been organized into different sections in the grocery store to try and make your trip seamless. I find by organizing items this way it helps make sure you don't have to backtrack and can simply move through the store from entrance to exit - especially with COVID-19 and the one-way aisles!

Feel free to reach out to me on Instagram @keenonnutrition if you have questions or feedback and happy planning!

Rebecca

# WEEKLY MEAL PLAN

Week of:



MONDAY

BREAKFAST      LUNCH      DINNER

SNACKS  
& OTHER

TUESDAY

BREAKFAST      LUNCH      DINNER

WEDNESDAY

BREAKFAST      LUNCH      DINNER

THURSDAY

BREAKFAST      LUNCH      DINNER

OUT OF:

FRIDAY

BREAKFAST      LUNCH      DINNER

SATURDAY

BREAKFAST      LUNCH      DINNER

SUNDAY

BREAKFAST      LUNCH      DINNER

# GROCERY LIST

Week of:



PRODUCE			

BAKERY	

CEREAL & BAKING AISLE	

AISLE	

AISLE	

CANNED GOODS	

FROZEN	

ORGANICS AISLE	

DAIRY	

OTHER			