

WEEKLY MEAL PREP PLANNER

Week of: _____

Day

Breakfast

Lunch

Dinner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

SUNDAY PREP LIST (BULK)

- Cook Grains (Rice/Quinoa)
- Chop Vegetables
- Roast Proteins (Chicken/Tofu)
- Portion Snacks
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SHOPPING ESSENTIALS

- Proteins:
- Produce:
- Grains/Pantry:
- Other:
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