

■ FREE Meal Planning Checklist

Stay Organized. Save Time. Eat Better.

■ Step 1: Plan Your Week

- Decide how many meals you'll prep (Breakfast / Lunch / Dinner / Snacks).
- Check your calendar for busy days (plan quicker meals those days).
- Choose 2–3 versatile proteins (chicken, beans, fish, eggs, tofu).
- Add at least 5–7 types of vegetables for variety.
- Pick 2–3 whole grains (quinoa, brown rice, oats, whole-grain bread).
- Include healthy fats (avocados, nuts, olive oil).
- Select fruits for snacks & desserts.

■ Step 2: Create Your Menu

- Write down meals for each day of the week.
- Mix and match proteins, veggies, and grains for balance.
- Plan at least 1 new recipe to keep things exciting.
- Consider leftovers for lunch the next day.
- Leave 1 “flex day” for dining out or spontaneous cooking.

■ Step 3: Make a Shopping List

- Check pantry & fridge first to avoid duplicates.
- Group list by sections: Produce ■, Proteins ■, Grains & Carbs ■, Dairy/Alternatives ■, Pantry Essentials ■, Snacks & Extras ■
- Buy fresh herbs or spices for flavor variety.

■ Step 4: Prep Like a Pro

- Batch cook proteins (chicken, lentils, beans).
- Wash & chop veggies in advance.
- Pre-cook grains (rice, quinoa, pasta).
- Portion meals into containers.
- Store snacks in grab-and-go packs.
- Label meals with cooking/reheating notes.

■ Step 5: Stay Consistent

- Stick your meal plan on the fridge for easy reference.
- Track what meals you loved (and which ones to skip next time).
- Stay flexible—swap meals if plans change.
- Repeat favorite weeks to save planning time.
- Celebrate small wins (you're building a habit!).

■ Quick Pro Tips

- ✓ Always shop with a list—saves money & stress.
- ✓ Cook once, eat twice—make extra portions.
- ✓ Keep healthy snacks (nuts, fruit, yogurt) handy.
- ✓ Hydrate! Don't forget water.
- ✓ Meal planning isn't about perfection—it's about progress.

■ Print this checklist, stick it on your fridge, and start your weekly meal planning today!