



# MEAL PLANNING GUIDE

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## 01. How many meals do you need to make this week (including breakfast, lunch dinner & snacks)?

Knowing exactly how much you'll need to have on hand for snacks and other meals will help with grocery shopping



## 02. How many times this week will you need to make dinner?

This is a great place to write down how many times you'll be eating out, or entertaining at home.



## 03. Do you plan on doing any batch cooking to help with meal prep?

Write down any batch recipes that you'll be making and the dishes that you'll be using them in. Eg. Pasta sauce can be used in lasagna and to make your own pizzas.



## 04. Are there any special occasions coming up Eg. Thanksgiving or a birthday?

This is the perfect place to write down a favorite meal that you make, or if you've got to plan for a holiday dinner.





# WEEKLY MEAL PLANNER

Use this weekly meal planner to write out weekly meals and keep track of any prep that you need to do. \* Make a reference to any cookbooks or recipe websites that you'll need to use for your meal prep. Keep these sheets clipped to the fridge for the week, then store them in a folder for easy meal building throughout the year. Highlight family favorites as you go along.

**MONDAY MEALS**

**TUESDAY MEALS**

**WEDNESDAY MEALS**

**THURSDAY MEALS**

**WEEKEND MEALS**

# A WEEK OF HEALTHY DINNERS

Use this sheet as a quick reference to decide what you'll be making for dinner throughout the week. A quick snapshot of when you'll be out, when to have leftovers or freezer meals (note when to defrost) and if you've got special family requests.

1	MONDAY	NOTES
2	TUESDAY	
3	WEDNESDAY	
4	THURSDAY	
5	FRIDAY	
6	SATURDAY	