

WEEKLY PLANNER

Weekly meal plan template

CLIENT / NAME _____	WEEK STARTING _____	CALORIES _____	PROTEIN G _____	CARBS G _____	FAT G _____
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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
 Breakfast														
 Snack														
 Lunch														
 Snack														
 Dinner														
Day total	kcal	P g	kcal	P g	kcal	P g	kcal	P g	kcal	P g	kcal	P g	kcal	P g
	C g	F g	C g	F g	C g	F g	C g	F g	C g	F g	C g	F g	C g	F g

Tip: write the meal, then the portion (for example "Greek yogurt, 200 g"). Fill the day total last.

SHOPPING AND PREP

Grocery list and prep

Produce

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Protein

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Grains and carbs

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Dairy and alternatives

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry and oils

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Other

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Prep day plan

Swaps and notes
