

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

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☐
☐
☐
☐
☐

Protein

☐
☐
☐
☐
☐
☐

Grains and carbs

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☐
☐
☐
☐
☐

Dairy and alternatives

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☐
☐
☐
☐
☐

Pantry and oils

☐
☐
☐
☐
☐
☐

Other

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☐
☐
☐
☐
☐

Prep day plan

Swaps and notes

COACH GUIDE

How to fill it in (coach guide)

1 Set the targets

Write the calorie and macro targets at the top of page 1. Protein and fat usually come first, carbohydrate fills the rest. Check the maths with 4 kcal per gram of protein and carbohydrate and 9 kcal per gram of fat.

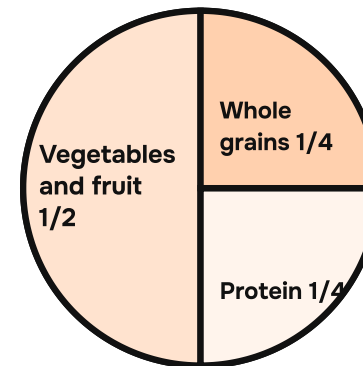
WORKED EXAMPLE (NOT A RECOMMENDATION)

	GRAMS	KCAL
Protein	150	600
Carbohydrate	200	800
Fat	67	603
Total		2,003

2 Fill each day

- Build lunch and dinner first, they carry most of the macros.
- Repeat 2 or 3 breakfasts and lunches across the week so shopping and prep stay simple.
- Add the day total, then adjust one meal at a time until it sits near the target.

3 Check the plate



Harvard Healthy Eating Plate: half vegetables and fruit, a quarter whole grains, a quarter healthy protein, plus healthy oils in moderation and water, tea or coffee to drink.

4 Hand it over

Share the plan with the client, ask them to tick what they ate, and review the week at the next check-in. Sources: Harvard T.H. Chan School of Public Health, Healthy Eating Plate (nutritionsource.hsph.harvard.edu).

General education, not medical advice. Adjust for allergies, medical conditions and your client's context.