



Weekly Meal Planner

plan your meals, nourish your body, enjoy your week! ♡



WEEK OF:

MON

TUE

WED

THU

FRI

SAT

SUN



BREAKFAST



LUNCH



DINNER



SNACKS



SHOPPING LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



NOTES





REMEMBER

Drink water 💧

Take breaks 💚

Be kind to yourself 💕



Good food · Good mood · Great week ☺

