



# Weekly Meal Plan Checklist



## CLEAN OFF WHITEBOARD



## CALENDAR FOR UPCOMING WEEK:

- NOTE YOUR ACTIVITIES / COMMITMENTS BY DAY



## SELECT DINNERS FOR EACH DAY:

- MAKES SENSE FOR WHAT'S HAPPENING THAT EVENING?
- SIMPLE, HEALTHY & DO-ABLE DURING WORK WEEK?
- USES FOODS THAT NEED TO BE EATEN IN FRIDGE?



## LUNCH PLANS:

- SLOT IN LEFTOVERS THAT MAKE SENSE ON FOLLOWING DAY
- SELECT LUNCHESES FOR BLANK DAYS LEFT



## GROCERIES:

- WRITE GROCERY LIST
- GROCERY SHOP

