

PREP. EAT. REPEAT.

WEEKLY MEAL PREP CALENDAR



WEEK OF _____

SUNDAY	BREAKFAST:	SNACKS:
	LUNCH:	
	DINNER:	
MONDAY	BREAKFAST:	SNACKS:
	LUNCH:	
	DINNER:	
TUESDAY	BREAKFAST:	SNACKS:
	LUNCH:	
	DINNER:	
WEDNESDAY	BREAKFAST:	SNACKS:
	LUNCH:	
	DINNER:	
THURSDAY	BREAKFAST:	SNACKS:
	LUNCH:	
	DINNER:	
FRIDAY	BREAKFAST:	SNACKS:
	LUNCH:	
	DINNER:	
SATURDAY	BREAKFAST:	SNACKS:
	LUNCH:	
	DINNER:	

GROCERY LIST: WHAT I NEED

IN THE KITCHEN: WHAT I HAVE

INSPIRATION:

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