

Weekly meal planner

Seven days of meal organization. No calories, macros, or dietary recommendations.

Day	Breakfast	Lunch	Dinner	Snack	Prep / leftovers	Shopping reminder
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Weekly meal planner - fictional example

Seven days of meal organization. No calories, macros, or dietary recommendations.

Day	Breakfast	Lunch	Dinner	Snack	Prep / leftovers	Shopping reminder
Monday	Oatmeal	Vegetable soup	Pasta and vegetables	Yogurt	Cook extra pasta	Onions
Tuesday	Eggs and toast	Pasta leftovers	Bean tacos	Apple	Soak beans	Tortillas
Wednesday	Overnight oats	Hummus wrap	Vegetables and rice	Crackers	Chop vegetables	Bell peppers
Thursday	Toast and berries	Rice bowl	Lentil soup	Orange	Start soup early	Lentils
Friday	Yogurt and granola	Soup leftovers	Homemade pizza	Popcorn	Prepare dough	Cheese
Saturday	Pancakes	Snack plate	Baked potatoes	Banana	Wash greens	Potatoes
Sunday	Eggs and fruit	Leftovers	Vegetable stir-fry	Trail mix	Cook extra rice	Rice