



FREE PRINTABLE

Weekly Meal Plan

nourish · balance · fuel your best

WEEK OF _____

THIS WEEK'S FOCUS _____

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WATER M ☐ ☐ ☐ ☐ T ☐ ☐ ☐ ☐ W ☐ ☐ ☐ ☐ T ☐ ☐ ☐ ☐ F ☐ ☐ ☐ ☐ S ☐ ☐ ☐ ☐ S ☐ ☐ ☐ ☐

Educational, not medical advice. For personalized nutrition guidance, talk with your provider or a registered dietitian.



shop with a plan Grocery List

Shop your plan, not the aisles. Write your list by section so you can move through the store once and check things off as you go.

PRODUCE

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

PROTEIN

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

DAIRY & EGGS

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

GRAINS & BREAD

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

PANTRY & SPICES

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

FROZEN & OTHER

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

Balanced basket tip: aim for colorful produce (fresh and frozen both count), a few proteins you can cook in bulk, whole grains, and snacks that pair a carbohydrate with a protein, like apples and peanut butter or yogurt and berries.



an hour on Sunday Weekly Prep Checklist

A little prep turns busy weeknights into easy wins. Pick the steps that fit your week and skip the rest. Progress over perfection.

PLAN

- ☐ Check the calendar for busy nights and plan quick meals for those
- ☐ Choose 3-4 dinners and plan to cook extra for lunches
- ☐ Look in the fridge and pantry first; use what you have
- ☐ Write the grocery list by section

PREP

- ☐ Wash and chop vegetables for snacks and cooking
- ☐ Cook a big batch of a grain (rice, quinoa or farro)
- ☐ Roast a sheet pan of vegetables
- ☐ Cook a protein in bulk (chicken, beans, lentils or eggs)
- ☐ Hard-boil 6-8 eggs for breakfasts and snacks
- ☐ Portion snacks into grab-and-go containers
- ☐ Make overnight oats or chia pudding for 2-3 mornings

STOCK UP

- ☐ Fill water bottles and chill them
- ☐ Restock the fruit bowl where everyone can see it
- ☐ Keep frozen vegetables and fruit for backup meals
- ☐ Have 2 'emergency' meals ready (e.g. eggs & toast, bean quesadillas)

BUILD A BALANCED PLATE

- **Half** vegetables and fruit
- **A quarter** protein
- **A quarter** whole grains or starchy vegetables
- Plus a little healthy fat and water to drink

NOTES

♥ Want the full plan?

Our guides turn this printable into a complete routine, with meal ideas, grocery lists, trackers and strength programs for every season of family life. Find them at SteadyAndStrongWellness.com.

This printable is educational and not medical or nutrition advice. If you are pregnant, managing a health condition or have specific nutrition needs, please talk with your healthcare provider or a registered dietitian. Plate guidance adapted from the USDA MyPlate and the Dietary Guidelines for Americans, 2020-2025.

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