FREE PRINTABLE

Weekly Meal Plan

the lean plan.

Week of _____

DAY	WHAT'S HAPPENING	DINNER	PREP NEEDED	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

BREAKFASTS

Pick 2 and repeat

LUNCHES

Pick 2 and repeat

SNACKS ON HAND

Pick 3

The 20-minute method: mark the busy nights, pick dinners, choose easy breakfasts and lunches, shop your kitchen first, then build the grocery list on the next page. Five planned dinners, one leftovers night and one flex night is plenty.

For personal use. General information, not medical or dietary advice.

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Grocery List

the lean plan.

Week of _____

PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PROTEIN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DAIRY AND EGGS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FROZEN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PANTRY AND GRAINS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

OTHER

- [ ]
- [ ]
- [ ]
- [ ]

Check the fridge, freezer and pantry against your dinners first and cross off anything you already have. Reuse ingredients across meals: one bag of spinach, one rotisserie chicken and one big pot of rice can cover several nights.