



Meal Plan Template

Plan out your very own three (3) day meal plan

Step #1 Fill in your meal plan [] Optional Steps: Step #2 - Make a grocery list [] Step 3 - Write out your meal prep method []

	DAY 1	DAY 2	DAY 3
Breakfast			
Snack			
Lunch			
Snack			
Supper			

Notes: _____

OPTIONAL Step #2 - Make a grocery list []

[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]

Notes: _____

OPTIONAL Step #3 - Write out how which meal prep method you would use to prepare your 3 days of meals []

