

# Meal Planning 101

Print out. Keep handy. Avoid hangry decisions.

# 1

➦ Choose one day when you can realistically cook or put together a meal.

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

# 3

➦ Using the WW meal plans for inspiration, write down what you'll make for each meal.

I'm making \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ for breakfast.

I'm making \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ for lunch.

I'm making \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ for dinner.

I'm making \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ for a snack.

# 2

➦ Are you planning for the whole day or only one meal? Circle what you're focused on.

- |           |           |
|-----------|-----------|
| BREAKFAST | SNACK     |
| LUNCH     | WHOLE DAY |
| DINNER    |           |

# Meal Planning 101 continued

**4**

➠ **Fridge and pantry check!**  
**Any ingredients you need to buy?**

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**5**

➠ **When can you go shopping?**

DAY \_\_\_\_\_

TIME \_\_\_\_\_



**6**

➠ **When are you going to prep?**  
**How much time will you need?**

DAY \_\_\_\_\_

TIME \_\_\_\_\_

PREP TIME \_\_\_\_\_

**Plan for This, Too!**

- Where you'll eat
- How much you'll eat
- What you'll do with your leftovers