

# Meal Prep Planner

Date:

### Weekly Meal Plan:

Day:	Breakfast:	Lunch:	Dinner:	Snack:
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

### Notes and Gratitude:

[illegible]

Meal Prep Planner

Date:

Grocery List:

Protein:

Produce:

Dairy:

Snacks:

Beverages:

Other:

Household Essentials:

Meal Prep Planner

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Batch Cooking & Prep Schedule:

List of foods to prep ahead: Proteins, grains, chopped vegetables, sauces, etc

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Cooking Methods: Oven, stove, air fryer, slow cooker, pressure cooker, etc.

Storage & Expiration Guide:

Fridge: Cooked proteins (3-4 days), grains (4-5 days), veggies (3-4 days).

Freezer: Proteins (3-6 months), grains (3 months), soups/stews (3 months).

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### **Meal Prep Ideas:**

#### Breakfast:

Breakfast cookies  
Overnight oats  
Granola bars  
Egg muffins  
Mini broccoli cheddar quiches  
Freezer breakfast burritos  
Cottage cheese breakfast bowls  
Country breakfast bowls  
Freezer breakfast sandwiches  
Smoothie packs

#### Dinner:

Roasted sausage, kale and sweet potatoes  
Beef and broccoli stir fry with brown rice  
Stuffed peppers  
Sheet pan chicken fajitas  
Baked chicken meatballs and marinara sauce  
Sheet pan Dijon chicken and vegetables  
Slow cooker soups  
Chicken or beef kabobs  
Gumbo  
Sheet pan steak, rice, and vegetables

#### Lunch:

Mediterranean turkey bowls  
Turkey Pinwheels  
Chef's salad  
Bagel bento box  
Cheese board bento box  
Hummus and veggies  
Cucumber and crab bowl  
Sandwich  
Wraps  
Taco salad

#### Snacks:

Energy balls  
Roasted chickpeas  
Nuts and cheese  
Veggies and hummus  
Yogurt parfaits  
Boiled Eggs  
Apple slices with nut butter  
Cottage cheese with fruit  
Protein smoothie  
Popcorn