

[www.colormyfood.com](http://www.colormyfood.com)



# Meal Planner

Planning is key.  
What is your food game plane for the week?

# DAILY MEAL PLANNER

DATE: \_\_\_\_\_

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

# WEEKLY MEAL

WEEK :

DATE :

## MONDAY

B

L

D

S

## TUESDAY

B

L

D

S

## WEDNESDAY

B

L

D

S

## THURSDAY

B

L

D

S

## FRIDAY

B

L

D

S

## SATURDAY

B

L

D

S

## SUNDAY

B

L

D

S

## WATER IN TAKE



## SHOPPING LIST



# WEEKLY MEAL

Date: \_\_\_\_\_

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# MEAL PLANNER

Week: \_\_\_\_\_

	MON	Things to Buy
AM		
NN		
PM		
	TUES	
AM		
NN		
PM		
	WED	
AM		
NN		
PM		
	THU	
AM		
NN		
PM		
	FRI	
AM		
NN		
PM		
	SAT	
AM		
NN		
PM		
	SUN	
AM		
NN		
PM		

# MONTHLY MEAL

Date: \_\_\_\_\_

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun

# NUTRIENT DENSITY

START DATE: \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER							
Total Calories:							

# FAVOURITE FOODS

Breakfast

Lunch

Dinner

Snacks



# RECIPE BREAKFAST

Name:

Prep Time:

Total Time:

### Difficulty

Rating:



### Ingredients:



Instructions:

# RECIPE LUNCH

Name:

Prep Time:

Total Time:

## Difficulty



Rating:



### Ingredients:



Instructions:

# RECIPE DINNER

Name:

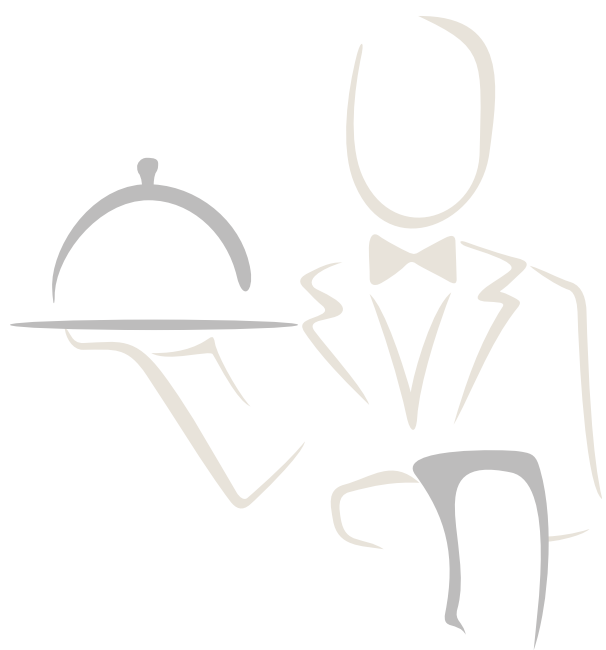
Prep Time:

Total Time:

Difficulty

Rating:

Ingredients:



Instructions:

# HEALTHY RECIPE

Name:

Prep Time:

Cooking Time:

Servings:

## Ingredients

Rating:



## Instructions

# RECIPE PLANNER

Category:

Prep Time:

Cook Time:

Total Time:

Servings:

Difficulty:

--	--	--	--	--

Source:

Total Needed:

### Prep Ahead:

Notes:

Name:

### Ingredients:

[illegible]

Directions:

[illegible]

# RECIPE PLANNER

Name:

Category:	Prep Time:
-----------	------------

### Ingredients:

[illegible]

Notes:

## Notes

# RECIPE CARDS

RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

# RECIPES TO TRY

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

Other:



# FAVOURITE RECIPES

Date:

[illegible]

# INVENTORY TRACKER

Date: \_\_\_\_\_

# GROCERIES LIST

MONTH:

WEEK:

[illegible][illegible][illegible][illegible][illegible][illegible]

# GROCERIES LIST

Date:

---

[illegible]

# FOOD LIST

DATE:

[illegible]

# MEAL IDEAS

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

# SNACK IDEAS

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

# COOKING CHALLENGE

01

02

03

04

05

06

07

08

09

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30



# NOTES