

# The Complete Meal Planner

*Nourish Your Body, Simplify Your Routine.*





# Meal Planner



Week of:

	Breakfast	Lunch	Dinner	Snacks
M				
T				
W				
T				
F				
S				
S				

Notes

# Grocery List

Week of:

✓	Fruits	Qty.

✓	Vegetable	Qty.

✓	Meats	Qty.

✓	Seafood	Qty.

✓	Pantry	Qty.

✓	Grains	Qty.

✓	Bakery	Qty.

✓	Condiments	Qty.

✓	Snacks	Qty.

✓	Drinks	Qty.

✓	Home	Qty.

✓	Miscellaneous	Qty.

# Grocery List

Week of:

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.

✓		Qty.





# Meal Prep Must-Haves



## Preparation

- Measuring cups
- Measuring spoons
- Mixing bowls
- Mandoline slicer
- Collapsible colander
- Cutting Board
- Sharp knives
- Food processor
- Kitchen scale
- Meal Prep Planner or Journal

## Cooking

- Slow cooker
- Instant pot
- Air Fryer
- Sauté & sauce pans
- Waffle Iron
- Large Stock Pot
- Cast Iron Skillet
- Parchment paper
- Sheet Pans

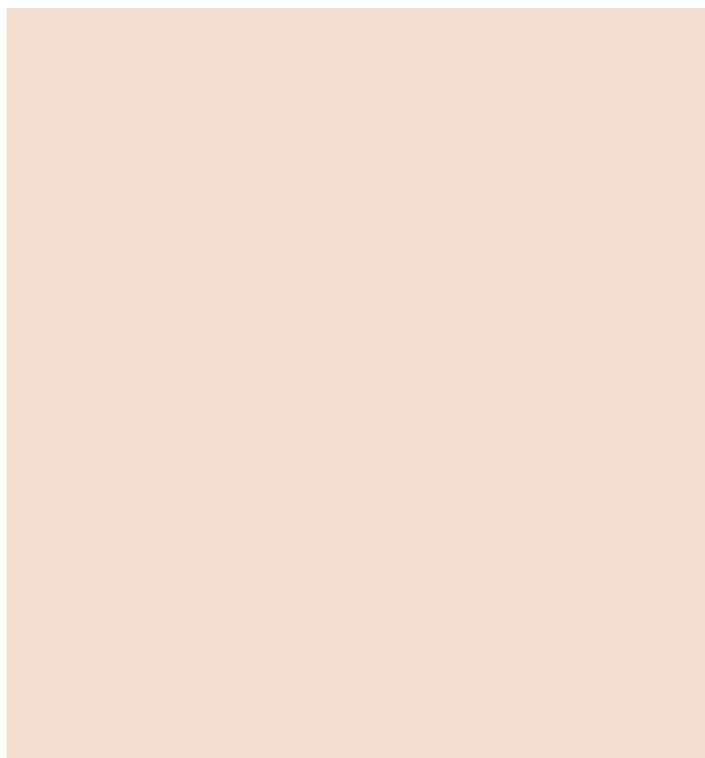
## Storage

- Storage bag holder
- Food storage containers
- Removable labels
- Freezer bags
- Large Pyrex containers
- Mason jars
- Labels and Marker

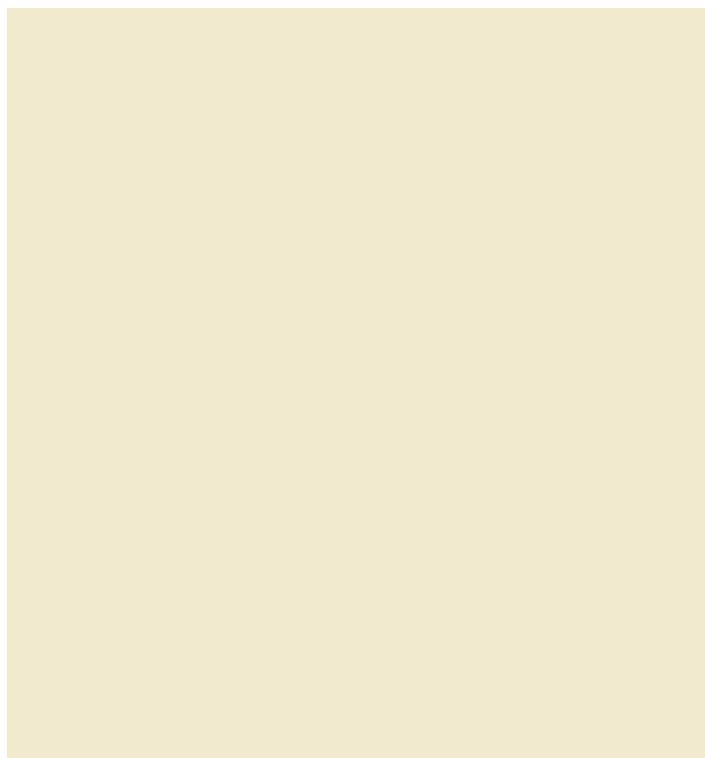
## Notes

# Meal Prep Brainstorm

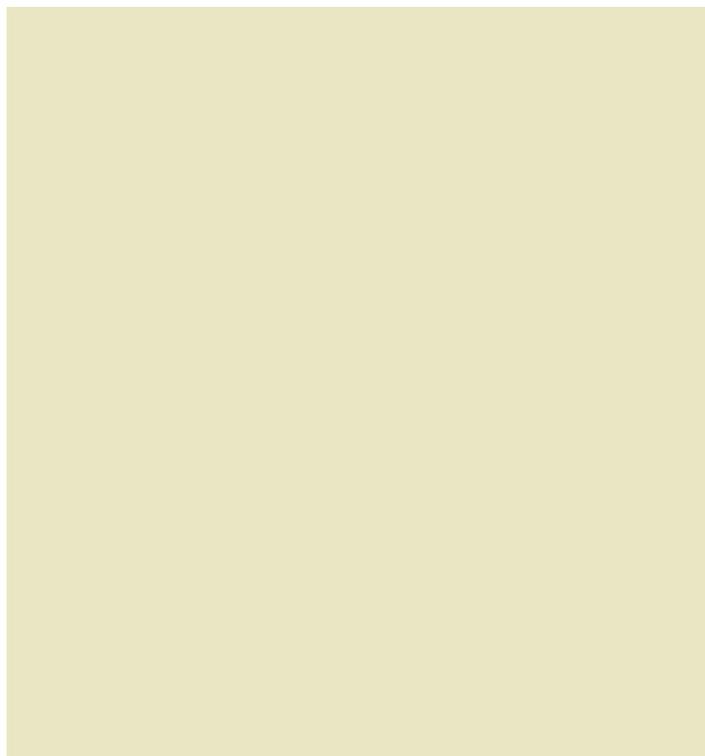
Breakfast



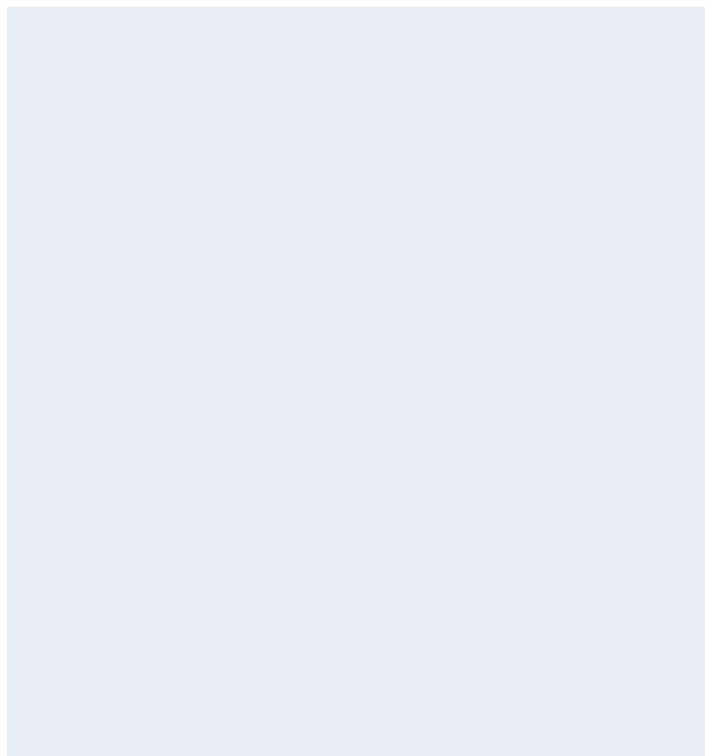
Lunch



Breakfast



Lunch



# Meal Prep Day Planner

Week of:

What's Cooking?



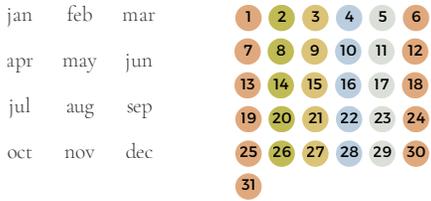
Ingredients Needed

Prep Tasks

Notes

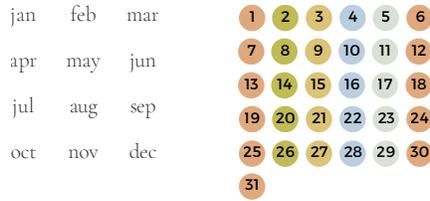
# Freezer Labels

❄️ This meal was frozen on...



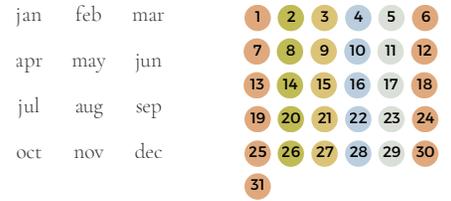
Contents:

❄️ This meal was frozen on...



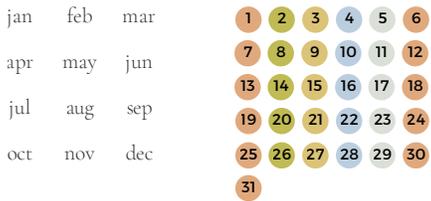
Contents:

❄️ This meal was frozen on...



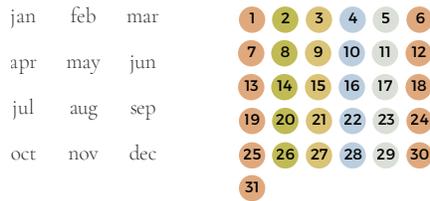
Contents:

❄️ This meal was frozen on...



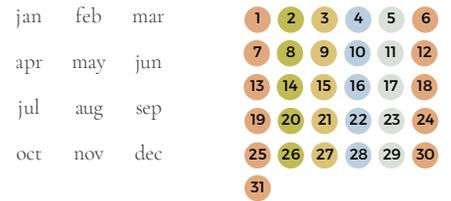
Contents:

❄️ This meal was frozen on...



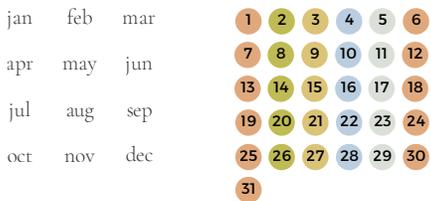
Contents:

❄️ This meal was frozen on...



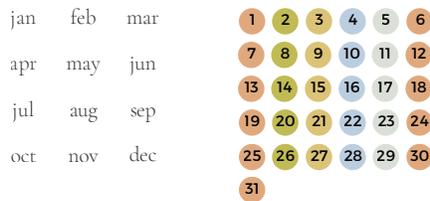
Contents:

❄️ This meal was frozen on...



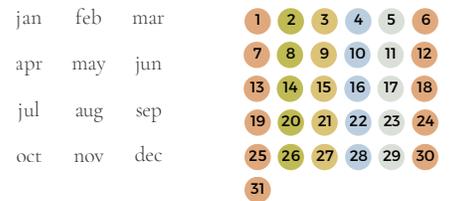
Contents:

❄️ This meal was frozen on...



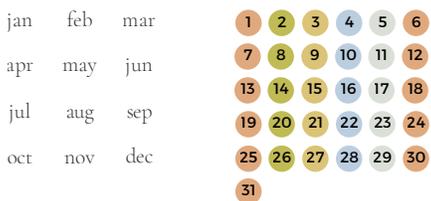
Contents:

❄️ This meal was frozen on...



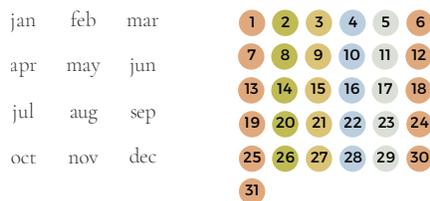
Contents:

❄️ This meal was frozen on...



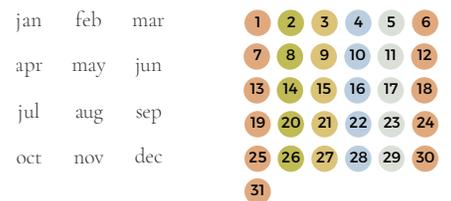
Contents:

❄️ This meal was frozen on...



Contents:

❄️ This meal was frozen on...



Contents: