

Meal Planner

Weekly
Goal

Avoid sugary drinks
this week.

breakfast

Lunch

Dinner

Monday

Oatmeal with almond
milk and blueberries

WATER ☒ ☒ ☒ ☒ ☐ ☐ ☐ ☐ ☐ ☐

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

Grilled chicken salad with
mixed greens, cherry
tomatoes, and balsamic
dressing

5 A DAY FRUIT ☒ ☒ ☒ ☐ ☐ ☐

Baked salmon with steamed
broccoli and brown rice

Calorie Intake

Tuesday

Scrambled eggs with
whole-grain toast and
avocado

WATER ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☐ ☐ ☐

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

Quinoa bowl with roasted
veggies and feta cheese

5 A DAY FRUIT ☒ ☒ ☒ ☐ ☐ ☐

Vegetarian chili with cornbread

Calorie Intake

Wednesday

WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐ ☐ ☐ ☐ ☐ ☐

Calorie Intake

Thursday

WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐ ☐ ☐ ☐ ☐ ☐

Calorie Intake

Friday

WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐ ☐ ☐ ☐ ☐ ☐

Calorie Intake

Saturday

WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐ ☐ ☐ ☐ ☐ ☐

Calorie Intake

Sunday

WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐ ☐ ☐ ☐ ☐ ☐

Calorie Intake

Shopping list



Oats



Blueberries



Avocado



Eggs



Salad mix



Notes

Prep veggies the night
before to save time
during weekdays.



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Weekly Goal

breakfast

Lunch

Dinner

Monday

WATER

1L	1.5L	2L	2.5L	3L	3.5L	4L	4.5L

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ○○○○○○

Calorie Intake

Tuesday

WATER

1L	1.5L	2L	2.5L	3L	3.5L	4L	4.5L

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ○○○○○○

Calorie Intake

Wednesday

WATER

☐	☐	☐	☐	☐	☐	☐
1L	1.5L	2L	2.5L	3L	3.5L	4L

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ○○○○○

Calorie Intake

Thursday

WATER

☐	☐	☐	☐	☐	☐	☐
1L	1.5L	2L	2.5L	3L	3.5L	4L

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ○○○○○○

Calorie Intake

Friday

WATER 

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ○○○○○○

Calorie Intake

Saturday

WATER 

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ○○○○○○

Calorie Intake

Sunday

WATER

☐	☐	☐	☐	☐	☐	☐	☐
1L	1.5L	2L	2.5L	3L	3.5L	4L	4.5L

1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ○○○○○○

Calorie Intake

Shopping list



Notes



Meal Planner

Weekly Goal

Shopping list



WATER ☐☐☐☐☐☐☐☐☐☐
1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐☐☐☐☐☐

Calorie Intake

WATER ☐☐☐☐☐☐☐☐☐☐
1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐☐☐☐☐☐

Calorie Intake

WATER ☐☐☐☐☐☐☐☐☐☐
1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐☐☐☐☐☐

Calorie Intake

WATER ☐☐☐☐☐☐☐☐☐☐
1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐☐☐☐☐☐

Calorie Intake

WATER ☐☐☐☐☐☐☐☐☐☐
1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐☐☐☐☐☐

Calorie Intake

WATER ☐☐☐☐☐☐☐☐☐☐
1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐☐☐☐☐☐

Calorie Intake

WATER ☐☐☐☐☐☐☐☐☐☐
1L 1.5L 2L 2.5L 3L 3.5L 4L 4.5L

5 A DAY FRUIT ☐☐☐☐☐☐

Calorie Intake



Notes



[illegible]

[illegible]