

Visual Weekly Meal Pre-Planner

W E E K O F _____

1. OBSERVE - INGREDIENTS YOU HAVE ON HAND (NEED TO BE USED)

2. BRAINSTORM - MEAL IDEAS FOR THE WEEK

3. PLAN - ORGANIZE MEALS FOR SPECIFIC DAYS (USE MEAL PLAN)

4. BUY - LIST NEEDED INGREDIENTS (USE SHOPPING LIST)

5. PREPARE - LIST PREP WORK TO BE DONE AHEAD OF TIME

Sun.
Mon.
Tues.
Wed.
Thurs.
Fri.