

Weekly Meal Planning Template

Plan balanced meals, simplify shopping, and make healthy eating easier throughout the week.

WEEK OF: _____

Day	Breakfast	Lunch	Dinner	Prep / Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend				

Shopping List

Produce

- ☐ _____
- ☐ _____
- ☐ _____

Protein

- ☐ _____
- ☐ _____
- ☐ _____

Whole Grains & Fiber

- ☐ _____
- ☐ _____
- ☐ _____

Dairy / Alternatives

- ☐ _____
- ☐ _____
- ☐ _____

Pantry & Extras

- ☐ _____
- ☐ _____
- ☐ _____

Simple planning reminders

Include protein + fiber | Plan one easy backup meal | Prep ingredients, not perfection

Purely Vital Living™

For educational use only. This template does not replace personalized medical or nutrition advice.