Meal Planner

	breakfast	Lunch	Dinner
Monday	Oatmeal with almond milk and blueberries	Grilled chicken salad with mixed greens, cherry tomatoes, and balsamic dressing	Baked salmon with steamed broccoli and brown rice
Tuesday	Scrambled eggs with whole-grain toast and avocado	Quinoa bowl with roasted veggies and feta cheese	Vegetarian chili with cornbread
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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

5 A DAY FRUIT

Calorie Intake

Weekly Goal

Avoid sugary drinks this week.

Shopping list

- Oats
- Blueberries
- Avocado
- Eggs
- Salad mix

Notes

Prep veggies the night before to save time during weekdays.

Meal Planner

	breakfast	Lunch	Dinner
Monday	WATER 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	5 A DAY FRUIT	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

Weekly Goal

Shopping list

Notes

Meal Planner

Weekly Goal

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

Shopping list

Notes

Grocery List

Kitchen Inventory