

Weekday Meal Planner

Building well-balanced meals is important for health and performance. But where do you start?

1. Aim for a power plate that includes a mix of lean protein, healthy fats, fruits, veggies, and whole grains.
2. Choose from a variety of nutrient-rich foods by following the simple guidelines from the “food banks” below. Be sure to add your favorites as well!
3. Use the meal planner to show up to your week with a solid nutrition plan.



PROTEIN

Eat less legs more often

- 0 legs:** Fish (tuna, salmon, tilapia, mahi, shrimp), eggs, tofu, and tempeh
- 2 legs:** Chicken, turkey, and duck
- 4 legs:** Pork, beef, Greek yogurt, and cottage cheese

CARBOHYDRATES

Choose natural or whole-grain varieties

- Starchy veggies:** Beans, corn, peas, potatoes, and squash
- Fruit:** Apples, bananas, berries, grapes, mango, melon, oranges, peaches, pears, and plums
- Whole grains:** Couscous, farro, oats, quinoa, and whole-grain tortillas, bread, rice, pita, and cereal

FATS

Pick mostly plant-based fats

- Nuts:** Almonds, cashews, macadamias, peanuts, and walnuts
- Seeds:** Chia, flax, pumpkin, sunflower, etc.
- Healthy fats:** Nut butters, olive oil, olives, and avocado

COLOR

Aim for 3 colors on your plate

- Non-starchy veggies:** Leafy greens, broccoli, bell peppers, cauliflower, mushrooms, cucumber, tomatoes, artichoke, garlic, ginger, green beans, asparagus, carrots, radish, eggplant, cabbage, brussel sprouts, and onion

Tips

- Look over the food you already have at home and include those items in next week’s meal plan.
- If you’re okay with eating the same meals multiple times a week, you’ll save money and time when meal prepping.
- Only buy what you’re planning to eat to support your budget and limit food waste.
- Consider different cooking methods (crockpot, grill, oven, stovetop) so that you can prep multiple meals at the same time.

Weekday Meal Planner Worksheet



Instructions

1. Review the guidelines and tips before completing the worksheet.
2. Move across the worksheet, filling out each section to build a well-rounded meal.
Tip: 3 out of 4 sections is good, 4 out of 4 is great.
3. Once done, use the worksheet to make your weekly grocery list.

	Meal	Protein	Carb	Fat	Color
<i>Sample</i>	Breakfast	2 hard-boiled eggs	1 small apple	1 Tbsp peanut butter	Carrot sticks and cucumber slices
<i>Monday</i>	Breakfast				
	Lunch				
	Dinner				
<i>Tuesday</i>	Breakfast				
	Lunch				
	Dinner				
<i>Wednesday</i>	Breakfast				
	Lunch				
	Dinner				
<i>Thursday</i>	Breakfast				
	Lunch				
	Dinner				
<i>Friday</i>	Breakfast				
	Lunch				
	Dinner				