



A THOUGHTFUL WEEK.

WEEK OF _____

Plan for the week you have, not the perfect week you imagined.

USE FIRST

What is already in the
fridge, freezer, or pantry?

LOW-ENERGY NIGHT

Which day needs the easiest
meal or leftovers?

PREP ONCE

What can be washed,
chopped, or cooked ahead?

MONDAY - SUNDAY MENU

MONDAY

meal, leftovers, takeout, or flexible night

TUESDAY

meal, leftovers, takeout, or flexible night

WEDNESDAY

meal, leftovers, takeout, or flexible night

THURSDAY

meal, leftovers, takeout, or flexible night

FRIDAY

meal, leftovers, takeout, or flexible night

SATURDAY

meal, leftovers, takeout, or flexible night

SUNDAY

meal, leftovers, takeout, or flexible night

GROCERY LIST

PRODUCE

PROTEIN + DAIRY

PANTRY

FROZEN

OTHER

PREP + THAW + REMEMBER