

MEAL PLAN TEMPLATES EDITABLE LINKS

GOOGLE DOCS: If you have a google drive, you can make a copy of these templates and then type within them instead of printing. This will make the document editable.

To do this, simply follow the links below to open the documents.

Then in the document, go to file >>> make a copy >>> save in your google drive.

[GOOGLE DOC 5 Day Meal Plan Template](#)

[GOOGLE DOC Shopping List and Prep Guide Template](#)

EVERNOTE: I have also provided you a link to see my evernote template that I use most often. You can also make a copy of this if you use evernote.

[EVERNOTE Meal Plan and Shopping List Template](#)

WHAT'S ON YOUR MEAL PLAN THIS WEEK?

MEAL/DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK #1							
SNACK #2							

GET THE GOODS *SHOPPING LIST*

PRODUCE	MEAT/POULTRY/FISH
BULK (NUTS/SEEDS/SPICES/GRAINS)	DAIRY/NON DAIRY
SNACKS	FREEZER SECTION
BEAUTY/PERSONAL CARE	INNER AISLES
HOUSEHOLD NEEDS	OTHER

DON'T FORGET TO *MEAL PREP*

DAY	ACTION
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	