

Menu Planning Worksheet

First, brainstorm a list of your favorite meals that are relatively healthy or that could be made healthier with the addition of vegetables or small change like what sauces you use. Most people don't eat 7 different breakfasts, but monthly plan at least 5-7 options for each meal of the day.

Favorites	Meal Option Breakfast Entree	Sides
1		
2		
3		
4		
5		
Favorites	Meal Option Lunch Entree	Sides
1		
2		
3		
4		
5		
Favorites	Meal Option Dinner Entree	Sides
1		
2		
3		
4		
5		
6		
7		

Now insert alternating options to plan your week & build a menu plan. You can repeat options, but give at least 1 day in between the exact meal option to prevent burn out of that food.

	Meal Option Breakfast Entree	Sides
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
	Meal Option Lunch Entree	Sides
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
	Meal Option Dinner Entree	Sides
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Now it's time to build your grocery list to stock up on food to prep these meals.

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