



# MONTHLY MEAL PLAN

MONTH
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SUN	MON	TUE	WED	THU	FRI	SAT

### TO DO

- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
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### GOALS

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_


### NOTES




# WEEKLY MEAL PLAN

WEEK OF

	BREAKFAST	LUNCH	DINNER	SNACKS & DESSERTS	DAILY WATER MOOD	
MON					○ ○ ○ ○	☺ ☹
TUE					○ ○ ○ ○	☺ ☹
WED					○ ○ ○ ○	☺ ☹
THU					○ ○ ○ ○	☺ ☹
FRI					○ ○ ○ ○	☺ ☹
SAT					○ ○ ○ ○	☺ ☹
SUN					○ ○ ○ ○	☺ ☹

 **RECIPES**

NAME	LOCATION & PG#

 **WEEKLY GOALS**

 **GROCERY LIST**

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# WEEKLY MEAL PLAN (EXAMPLE)

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS & DESSERTS	DAILY	
					WATER	MOOD
MON	Overnight Oats p6	Buffalo Sammie p30	BBQ Jackfruit p38 over	Herbed White Bean Dip p27	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Blueberries	tangerines	baked potato & fruit	crackers	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Coffee, DF creamer	hibiscus iced tea	mix, green salad w/balsamic dressing p53, beer		<input checked="" type="checkbox"/>	<input type="checkbox"/>
TUE	Overnight Oats (left-overs), Blueberries	Hummus Panini p35	1-Pot Italian Penne p63	Smoked Crockery Cheese p23	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Coffee, DF creamer	apple	green salad, Herb Mu-	w/celery & carrots	<input checked="" type="checkbox"/>	<input type="checkbox"/>
		sparkling water	stard Dressing p54, tea	Chai Energy Balls p84	<input checked="" type="checkbox"/>	<input type="checkbox"/>
WED	Blueberry Muffins p9	Tu-Nope Salad Sand. p34	Chili p46, Mexi Corn	Stuffed Dates p91	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	DF yogurt w/berries	fruit salad with DF yogurt	Muffins p66, green		<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Coffee, DF creamer	kombucha	salad, dressing, kombucha		<input checked="" type="checkbox"/>	<input type="checkbox"/>
THU	Breakfast Zookies p10	Lunch out!	Mango Edamame Salad p51	Blueberry Muffins	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	DF yogurt w/berries		roasted broccolini, EZ Cheezy	Choco-Raisin Mookies p90	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Coffee, DF creamer		Beer Biscuits p67, tea		<input checked="" type="checkbox"/>	<input type="checkbox"/>
FRI	Hummacado Toast p 11	Penne pasta. left-overs	Dinner out!	Mexi Corn Muffin	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	banana	side-salad, tea		Lemon Turmeric	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Coffee, DF creamer			Energy Balls	<input checked="" type="checkbox"/>	<input type="checkbox"/>
SAT	Tofu Scramble p12	Lunch out!	No Pressure Bean Soup	Brownie Batter	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Bean Me Up		p44, corn muffins, beer	Yummus p79 w/apple	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Smoothie p13			wedges	<input checked="" type="checkbox"/>	<input type="checkbox"/>
SUN	Bella's Oat Cakes p6	Tofu Scramble (left-overs) as burritos	Left-over night!	Left-overs!	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	peanut butter, berries				<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Coffee, DF creamer	Coffee, DF creamer			<input checked="" type="checkbox"/>	<input type="checkbox"/>

RECIPES	
NAME	LOCATION & PG#
All recipes from the Second Youth Wellness Cookbook, Vol 1 <a href="#">(Click to buy on Amazon)</a>	

WEEKLY GOALS
1. Eat breakfast every morning this week.
2. Choose plant-based options at the restaurants
3. Pack lunch for work 4 days.
4. Increase water intake & track it.
5. Eat more berries to get more antioxidants.
6. Grocery shop with my list.

GROCERY LIST	
<u>large whole wheat tortillas</u>	<u>firm tofu</u>
<u>apples x4</u>	<u>bag of Hurst beans</u>
<u>bananas x6</u>	<u>canned chickpeas x2</u>
<u>blueberries - 1pt</u>	<u>DF plain yogurt</u>
<u>avocados x2</u>	<u>DF milk</u>
<u>broccolini</u>	
<u>zucchini x1</u>	
<u>hibiscus tea bags</u>	
<u>sparkling waters</u>	
<u>oats</u>	
<u>cornmeal</u>	
<u>penne pasta</u>	

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