



WEEKLY MEAL PLANNER FOR THE WEEK OF: _____

Studies suggest that people who plan meals in advance tend to eat healthier. If you know that Wednesday night soccer practice makes cooking a healthy dinner nearly impossible, prepare it ahead of time. Or, if you know that making the kids' lunches every morning takes too long, prepare them all the Sunday before. Beebe Healthcare is here to help you eat healthy in a way that works for your family.



Prep Day this Week is:

Mon

BREAKFAST _____
LUNCH _____
DINNER _____

Tues

BREAKFAST _____
LUNCH _____
DINNER _____

Wed

BREAKFAST _____
LUNCH _____
DINNER _____

Thurs

BREAKFAST _____
LUNCH _____
DINNER _____

Fri

BREAKFAST _____
LUNCH _____
DINNER _____

Sat

BREAKFAST _____
LUNCH _____
DINNER _____

Sun

BREAKFAST _____
LUNCH _____
DINNER _____



Meal Prep Tips

- + Use this worksheet to make your grocery list for the week—you'll avoid buying more food than you need, and save money by not wasting food.
- + Not sure a particular meal (like a salad) will do well mixed together in the fridge all week? Prepare the individual ingredients ahead of time and combine right before your meal.
- + Save money and time by having leftovers for dinner at the end of the week!

