

~ Meal Planning Template ~

by Miriam Rose Natural Health

By setting aside just 15 *minutes* each week to write a meal plan and shopping list, you will save yourself time during the week, and you'll also be less likely to make poor decisions (like that last-minute takeaway...).

Shopping List

<i>day + date</i>	<i>lunch</i>	<i>dinner</i>

<i>Snacks</i> (including fruit, nuts, homemade protein balls, etc...)	

<i>day + date</i>	<i>lunch</i>	<i>dinner</i>
Mon 1st (home)	Eggs, mushrooms and avo on sourdough	Barramundi and tomato + basil sauce with mashed potato and roasted veggies
Tue 2nd (work 9 - 5pm)		Thai chicken stir fry with broccoli, carrots and edamame noodles
Wed 3rd (work 9 - 5pm)		
Thu 4th (work 9 - 9pm)		Slow cooked beef massaman curry with steamed green beans (prepared in the morning)
Fri 5th (work 9 - 5pm)		Dinner out with friends
Sat 6th (helping friends move)	Pre-made curried egg + lettuce sandwiches	Homemade vegetarian pizzas
Sun 7th	Eggs with zucchini fritters	Shopping day!

<i>Snacks</i> (including fruit, nuts, homemade protein balls, etc...)	
<ul style="list-style-type: none"> • Nuts (cashews, walnuts, almonds) • Dark chocolate (> 70%) • Homemade Popcorn • Hummus & veggie sticks • Greek yogurt & frozen berries 	<ul style="list-style-type: none"> • Mandarines • Kiwifruit • Apples • Bananas • Celery sticks & peanut butter