



Dynamic Health Freedom  
Know More | Fear Less

# Meal Planning Worksheet

My budget: \$ \_\_\_\_\_ week of: \_\_\_\_\_

My goal this week: \_\_\_\_\_

How will I live local this week? \_\_\_\_\_

What items can I bulk prep?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Featured  
Produce  
\_\_\_\_\_  
\_\_\_\_\_

Light Meal  
Options  
\_\_\_\_\_  
\_\_\_\_\_

**Monday**  
Breakfast: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Lunch: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Dinner: \_\_\_\_\_  
Child Assistant \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss

**Tuesday**  
Breakfast: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Lunch: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Dinner: \_\_\_\_\_  
Child Assistant \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss

**Wednesday**  
Breakfast: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Lunch: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Dinner: \_\_\_\_\_  
Child Assistant \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss

**Thursday**  
Breakfast: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Lunch: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Dinner: \_\_\_\_\_  
Child Assistant \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss

**Friday**  
Breakfast: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Lunch: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Dinner: \_\_\_\_\_  
Child Assistant \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss

**Saturday/Sunday**  
Breakfast: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Lunch: \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss   
Dinner: \_\_\_\_\_  
Child Assistant \_\_\_\_\_  
Serving # \_\_\_\_ Hit  Miss