

# Seven Day Meal Planner

Step 1: Create a menu of 7 super easy, super healthy dinners and decide on which day of the week you will have each dinner.

Step 2: Make a grocery list of the items you need for your menu. Do not add anything else to your list.

Step 3: Decide which day of the week you will shop and plan to only shop on that day

Step 4: Just follow the plan! Make just enough extra for your lunch the next day



You now have an easily executable plan for all your dinners and lunches for the next month and you don't have to think about it. After a month, create another 7 day menu if you need variety. If you're still enjoying your current menu, don't mess with it.

	S	M	T	W	Th	F	S
On this day I am having...							
	Make enough for your lunch	Make enough for your lunch	Make enough for your lunch	Make enough for your lunch	Make enough for your lunch	Make enough for your lunch	Make enough for your lunch
For this meal I need to buy...							
	S	M	T	W	Th	F	S