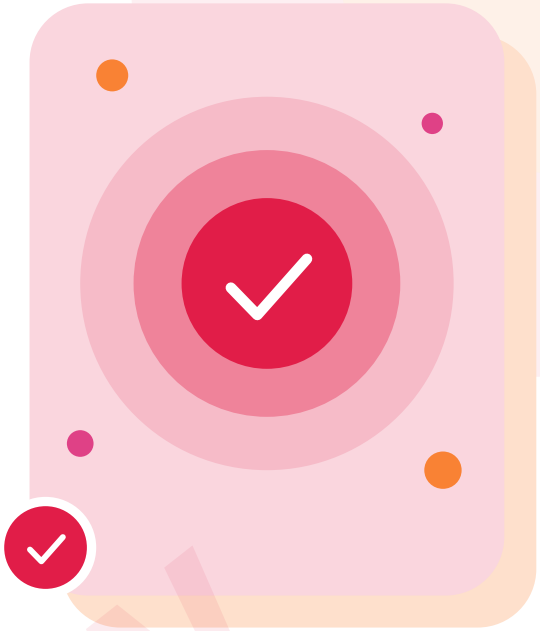
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Weekly Meal Planning

Planning meals saves time, reduces waste, and promotes healthy eating. Use this checklist to organize your weekly meals.

12 steps | Print-ready A4



NAME _____ START _____ TARGET DATE _____

1 **Review Your Schedule**

Note busy days where quick meals are needed to avoid stress.

TIP *Plan for leftovers or simple recipes like sandwiches on high-demand days.*

2 **Create a Master Recipe List**

Compile go-to recipes that are healthy, easy to prepare, and family-friendly.

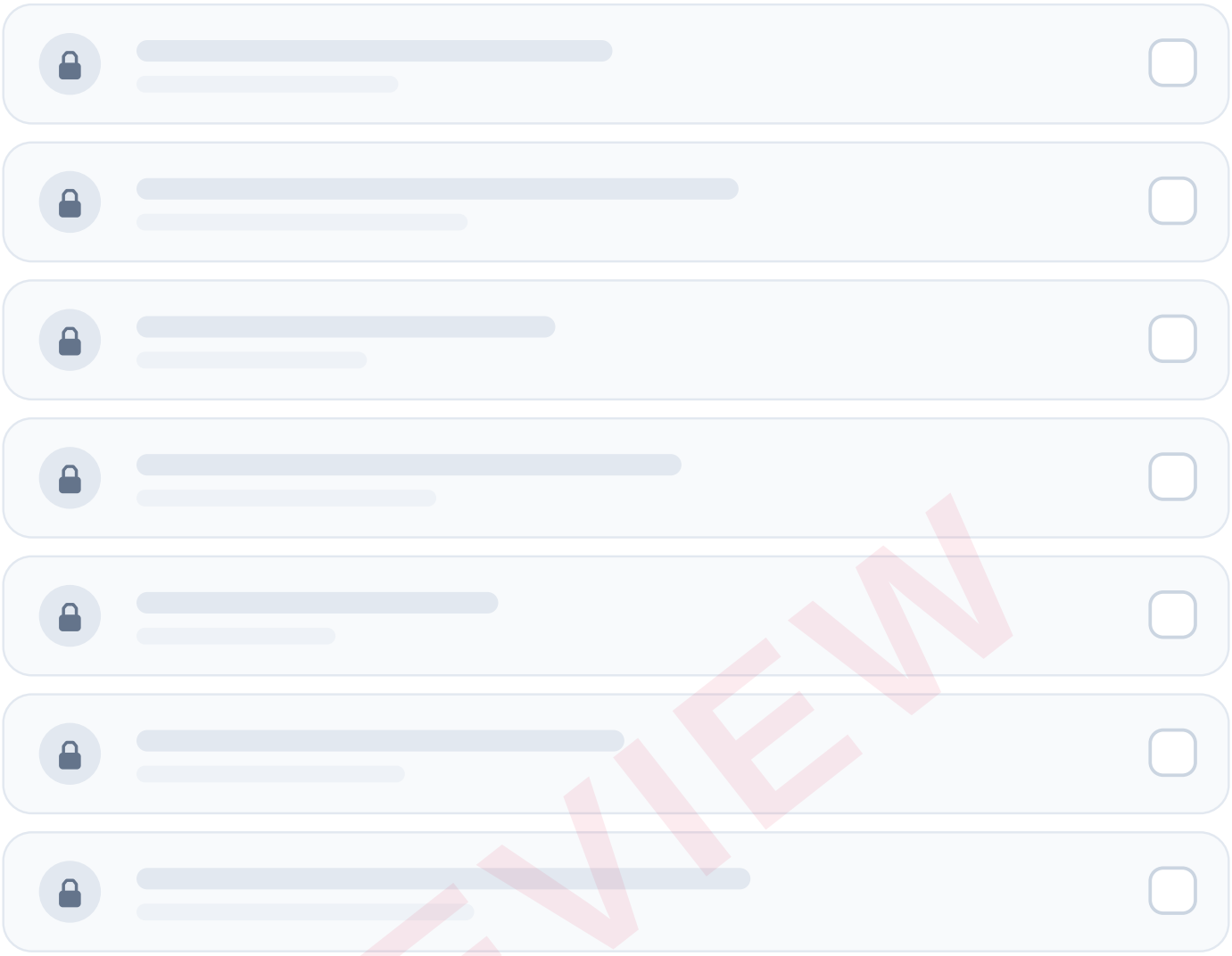
TIP *Include a mix of cuisines to add variety, such as Italian, Mexican, or Asian dishes.*

3 **Plan Balanced Meals**

Include protein, vegetables, grains, and healthy fats in each meal for proper nutrition.

TIP *Use a meal-building framework like “1 protein + 2 veggies + 1 grain” for simplicity.*

PREVIEW



PREVIEW

Like the design?

Get the full version: every step with examples and tips, a reflection page, no watermark.

Get the full version