



# Weekly Meal Prep Habit Tracker Printable PDF

Plan healthy meals for the week

17 Week of: \_\_\_\_\_

Serving: \_\_\_\_\_ people

## Weekly Menu

|           | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|-----|-----|-----|-----|-----|-----|-----|
| Breakfast |     |     |     |     |     |     |     |
| Lunch     |     |     |     |     |     |     |     |
| Dinner    |     |     |     |     |     |     |     |
| Snacks    |     |     |     |     |     |     |     |

## Grocery List

- |                          |       |                          |       |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | ..... | <input type="checkbox"/> | ..... |
| <input type="checkbox"/> | ..... | <input type="checkbox"/> | ..... |
| <input type="checkbox"/> | ..... | <input type="checkbox"/> | ..... |
| <input type="checkbox"/> | ..... | <input type="checkbox"/> | ..... |
| <input type="checkbox"/> | ..... | <input type="checkbox"/> | ..... |
| <input type="checkbox"/> | ..... | <input type="checkbox"/> | ..... |
| <input type="checkbox"/> | ..... | <input type="checkbox"/> | ..... |

## Meal Prep Tasks

- .....
- .....
- .....
- .....

## Notes