



# Sunday Meal Prep Planner for Busy Professionals

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

## Meal Prep Tasks

- |                                |                                |
|--------------------------------|--------------------------------|
| <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"/> _____ |

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Notes