



WEEKLY MEAL PLAN

PRINTABLE TEMPLATE
bodybuddy.app

WEEK OF _____

Keep it realistic. Repeating meals is allowed.

MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST
LUNCH 	LUNCH 	LUNCH 	LUNCH 	LUNCH 	LUNCH 	LUNCH
DINNER 	DINNER 	DINNER 	DINNER 	DINNER 	DINNER 	DINNER
SNACK / FLEX 	SNACK / FLEX 	SNACK / FLEX 	SNACK / FLEX 	SNACK / FLEX 	SNACK / FLEX 	SNACK / FLEX

GROCERY LIST

Check what you already have before adding it here.

PRODUCE

PROTEIN

PANTRY

DAIRY / OTHER

PREP + LEFTOVERS

What can you batch, thaw, or use twice?

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WEEKLY MEAL PLAN

FILLED EXAMPLE

bodybuddy.app

WEEK OF

August 17

Keep it realistic. Repeating meals is allowed.

MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Yogurt + oats	Eggs + toast	Overnight oats	Yogurt + fruit	Egg wrap	Flexible breakfast	Oats + PB
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken bowl	Tuna wrap	Leftover soup	Salmon bowl	Chicken salad	Leftovers	Soup + toast
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Lentil soup	Salmon + rice	Tacos + slaw	Pasta + veg	Bean bowls	Dinner out	Curry + rice
SNACK / FLEX	SNACK / FLEX	SNACK / FLEX	SNACK / FLEX	SNACK / FLEX	SNACK / FLEX	SNACK / FLEX
Apple + PB	Yogurt	Fruit + cheese	Eggs	Edamame	Optional	Prep taste

GROCERY LIST

Check what you already have before adding it here.

PRODUCE	PROTEIN	PANTRY	DAIRY / OTHER
berries + fruit	eggs + chicken	oats + rice	Greek yogurt
greens + slaw	salmon + tuna	wraps + pasta	cheese
broccoli + onions	lentils + beans	bread + peanut butter	soy milk
salad vegetables	edamame	tomatoes + curry spices	salsa + dressing

PREP + LEFTOVERS

What can you batch, thaw, or use twice?

Sun: cook rice + lentils
Bake chicken + chop vegetables
Tue: cook extra salmon for Thu
Freeze Friday/Sunday portions
Saturday dinner is flexible