UNDATED · PRINTABLE · LETTER + A4

Weekly Meal Planner

& Grocery List

Plan your week, shop with a list, and get more protein and vegetables on your plate without the Sunday stress.



Weekly + simple planners | Grocery list by aisle | Meal prep + leftovers | Budget + habit trackers

By Coach Luke | NASM-CPT, NESTA Nutrition Coach

Real advice. No gimmicks.

Start Here

How to get the most out of your planner, one week at a time.

HOW TO USE THIS PLANNER

1. Print the "set up once" pages: My Goals, Protein Guide, Favorite Meals, Recipes to Try, Eating-Out Notes and Seasonal Produce.
2. Each week, print a Weekly Planner (detailed or simple), Grocery List, Inventory, Meal Prep Plan, Leftovers, Water & Habits and Weekly Review.
3. It's undated. Write the week in the "Week of" box and circle the days. Start any day of the week.
4. Plan protein first, then vegetables, then the rest. The protein column helps you see your day at a glance.
5. Keep it on the fridge. A planner you can see is a planner you use.
6. Miss a week? No problem. Grab a fresh page and pick up where you are.

YOUR 15-MINUTE SUNDAY ROUTINE

Min 0-3 — Check your calendar
Mark busy nights. Those get leftovers, a freezer meal or a 15-minute dinner.

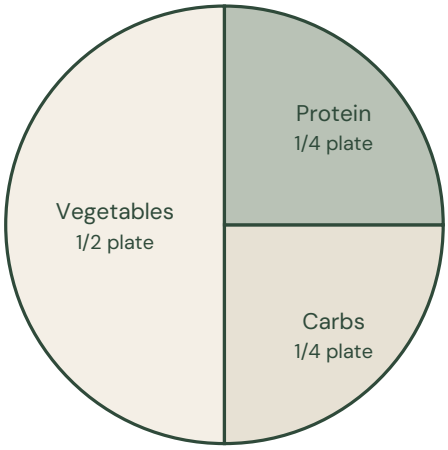
Min 3-6 — Shop your kitchen
Look at the fridge, freezer and pantry first. Write down what needs using up.

Min 6-11 — Fill in the planner
Pick proteins first, then add vegetables and a carb. Reuse ingredients across meals.

Min 11-14 — Write the grocery list
Copy what you need, sorted by store section, so you shop in one loop.

Min 14-15 — Pick 2-3 prep jobs
Wash greens, cook a protein, make a grain. Small prep beats a lost Sunday.

BUILD A BALANCED PLATE



- Protein: chicken, fish, eggs, Greek yogurt, tofu, beans or lentils (see the Protein Guide).
- Vegetables: anything you like. Fresh, frozen and canned all count.
- Carbs: potatoes, rice, oats, whole-grain bread or pasta, fruit.
- Add a little fat for flavor: olive oil, avocado, nuts or cheese.
- Not every meal has to look like this. Use it as a guide when you plan, not a rule.

Good to know

This planner is about planning, saving time and money, and building meals around protein and vegetables. It is not a diet and makes no weight-loss promises. If you follow a special diet, are pregnant, or manage a health condition, talk to your doctor or a registered dietitian about what is right for you.

My Goals & Food Preferences

Fill this in once. Come back to it when you plan.

WHY I WANT TO PLAN MY MEALS

MY 3 PLANNING GOALS

- [ ]
- [ ]
- [ ]

Ideas: plan weeknight dinners, pack lunch 3x a week, protein at every meal, cut food waste, stay on budget.

MY NUMBERS

Protein goal per meal: _____ g

Meals I want to plan each week: _____

Weekly grocery budget: $ _____

Prep day: _____ Shop day: _____

WHO I AM FEEDING

OUR BUSY NIGHTS

M T W T F S S

FOODS I LOVE

FOODS I WANT TO EAT MORE OF

FOODS I AVOID OR DON'T LIKE

ALLERGIES & INTOLERANCES IN OUR HOUSE

QUICK MEALS I CAN MAKE WHEN TIRED

NOTES FOR PLANNING

Following a special diet? Talk to your doctor or a registered dietitian before making big changes.

Protein-Per-Meal Guide

A simple way to build meals that keep you full. Numbers are approximate; check your labels.

A good starting point

Many women find that around 25-35 g of protein at each meal helps them stay full and makes planning easier. A palm-sized portion of meat, fish or tofu, or a cup of Greek yogurt or lentils, is a handy visual. Your own needs depend on your age, size, activity and health, so ask your doctor or dietitian for a number that fits you.

FOOD	TYPICAL PORTION	PROTEIN
Chicken breast, cooked	4 oz (113 g)	~35 g
Lean ground turkey, cooked	4 oz (113 g)	~30 g
Lean beef, cooked	4 oz (113 g)	~32 g
Salmon, cooked	4 oz (113 g)	~25 g
Canned tuna, drained	1 can (5 oz)	~25 g
Shrimp, cooked	4 oz (113 g)	~26 g
Plain Greek yogurt	1 cup (227 g)	~20-23 g
Cottage cheese	1/2 cup (113 g)	~12-14 g
Eggs	2 large	~12 g
Lentils, cooked	1 cup	~18 g
Edamame, shelled	1 cup	~17 g
Black beans, cooked	1 cup	~15 g
Firm tofu	4 oz (113 g)	~10-20 g
Milk (dairy)	1 cup	~8 g
Peanut butter	2 tbsp	~7 g
Almonds	1 oz (about 23)	~6 g

EASY WAYS TO ADD PROTEIN

- Add eggs or Greek yogurt to breakfast.
- Keep canned tuna, beans and frozen edamame on hand.
- Cook a double batch of chicken or lentils on prep day.
- Swap plain cereal snacks for cottage cheese or a cheese stick.

Weekly Meal Planner

WEEK OF _____ PROTEIN GOAL / MEAL _____ g

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	PROTEIN
M T W T F S S					B
					L
					D g
M T W T F S S					B
					L
					D g
M T W T F S S					B
					L
					D g
M T W T F S S					B
					L
					D g
M T W T F S S					B
					L
					D g
M T W T F S S					B
					L
					D g
M T W T F S S					B
					L
					D g

NOTES & BUSY NIGHTS _____

Weekly Meal Planner - Simple

For busy weeks. Plan the one meal that matters most each day.

WEEK OF _____

DAY M T W T F S S

Main meal _____

_____

Protein: ____ g

DAY M T W T F S S

Main meal _____

_____

Protein: ____ g

DAY M T W T F S S

Main meal _____

_____

Protein: ____ g

DAY M T W T F S S

Main meal _____

_____

Protein: ____ g

DAY M T W T F S S

Main meal _____

_____

Protein: ____ g

DAY M T W T F S S

Main meal _____

_____

Protein: ____ g

DAY M T W T F S S

Main meal _____

_____

Protein: ____ g

Snacks to keep on hand

_____

_____

_____

PREP AHEAD FOR THIS WEEK

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Grocery List

Sorted by store section so you shop in one loop.

STORE _____ DATE _____ BUDGET $ _____

Produce

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Protein: meat, fish, tofu

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Dairy & eggs

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Grains, bread & pasta

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Canned & jarred

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Frozen

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Snacks

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Spices, sauces & oils

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Drinks

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Household & other

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Pantry, Fridge & Freezer Inventory

Shop your kitchen before you shop the store. Update it on planning day.

Pantry

ITEM	QTY	USE BY

Fridge

ITEM	QTY	USE BY

Freezer

ITEM	QTY	USE BY

Meal Prep Plan

Prep a few building blocks, not seven full meals. Mix and match them all week.

PREP DAY _____ TIME I HAVE _____

PREP DAY CHECKLIST

- ☐ Check fridge, freezer & pantry first
- ☐ Cook 1-2 proteins
- ☐ Make one sauce or dressing
- ☐ Label containers with today's date
- ☐ _____
- ☐ Wash and chop vegetables
- ☐ Cook a big pot of grains or potatoes
- ☐ Portion snacks into grab-and-go bags
- ☐ Clean as you go and run the dishwasher
- ☐ _____

BATCH-COOK TRACKER Most cooked leftovers keep 3-4 days in the fridge. Freeze what you won't eat by then.

FOOD I COOKED	AMOUNT	COOKED ON	EAT BY	MEALS IT GOES INTO

Leftovers & Use-It-Up Tracker

Write it down so it gets eaten, not forgotten at the back of the fridge.

FOOD / INGREDIENT	MADE / OPENED	USE BY	PLAN TO USE IT	USED
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
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				☐
				☐

Use-it-up ideas

Soft veggies
soup, sheet-pan hash, frittata

Extra protein
wraps, salads, grain bowls

Cooked grains
fried rice, stuffed peppers, breakfast bowl

Ripe fruit
smoothies, yogurt bowls, freeze it

Herbs
chop into eggs, sauces, dressings

Odds and ends
a "clean out the fridge" stir-fry night

Grocery Budget Tracker

Track what you plan to spend and what you actually spend.

MONTH _____ MONTHLY BUDGET $ _____

WEEK	PLANNED $	SPENT $	DIFFERENCE	NOTES
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				

SHOPPING TRIP LOG

DATE	STORE	AMOUNT $	RUNNING TOTAL	STUCK TO LIST?

Money-saving habits

- Shop your kitchen first.
- Buy frozen veggies and fruit; they count.
- Plan meals that share ingredients.
- Plan one "use it up" night a week.
- Compare the unit price, not the sticker price.
- Shop with a list, after a meal.

Favorite Meals List

Your go-to meals in one place. Planning gets faster every week.

BREAKFASTS	PROTEIN G	PREP MIN	RATING

LUNCHES	PROTEIN G	PREP MIN	RATING

DINNERS	PROTEIN G	PREP MIN	RATING

SNACKS	PROTEIN G	PREP MIN	RATING

Recipes I Want to Try

Saw something good? Jot it here so it ends up on next week's plan.

RECIPE	WHERE I FOUND IT	WHY IT LOOKS GOOD	TRIED	AGAIN?
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N
			☐	Y / N

Eating-Out Notes

Your go-to orders, ready before you get to the counter.

Simple ordering tips

- Start with the protein, then add a vegetable.
- Check the menu online before you go.
- Pick the side salad or veggies when you can.
- Ask for sauces and dressings on the side.
- Big portion? Box half before you start.
- Enjoy it. One meal out doesn't undo a good week.

RESTAURANT	MY GO-TO ORDER	PROTEIN	NOTES

Water & Habit Tracker

Small daily habits that make planning stick. Check them off as you go.

WEEK OF _____

WATER One drop = one glass. Your needs vary with activity and weather.

DAY _____ 

DAY _____ 

DAY _____ 

DAY _____ 

DAY _____ 

DAY _____ 

DAY _____ 

DAY _____

DAILY HABITS

HABIT	M	T	W	T	F	S	S
Protein at every meal	☐	☐	☐	☐	☐	☐	☐
Vegetables at 2+ meals	☐	☐	☐	☐	☐	☐	☐
Ate a meal I planned	☐	☐	☐	☐	☐	☐	☐
Cooked at home	☐	☐	☐	☐	☐	☐	☐
Planned tomorrow's meals	☐	☐	☐	☐	☐	☐	☐
Moved my body	☐	☐	☐	☐	☐	☐	☐
Slept 7+ hours	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Weekly Review

Five minutes on planning day. Keep what worked, fix one thing.

WEEK OF _____

What worked this week?

Meals we loved (add them to Favorites)

What got wasted, and why?

How many meals hit my protein goal?

Grocery spend vs. budget

What made planning hard?

One thing I'll change next week

Busy days coming up next week

Monthly Overview

Write in the dates. See your busy nights, prep days and shopping days at a glance.

MONTH _____

_____	_____	_____	_____	_____	_____	_____
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Write the day names in the top row so you can start on any day.

Meals to repeat this month

_____

_____

_____

_____

_____

Stock up on

_____

_____

_____

_____

_____

Notes & events

_____

_____

_____

_____

_____

Seasonal Produce Guide

In-season produce often tastes better and costs less. What's local varies by region.

Spring

- Asparagus
- Spinach
- Radishes
- Spring onions
- Rhubarb
- Peas
- Strawberries
- Artichokes
- Lettuce
- Fresh herbs

I want to try: _____

Summer

- Tomatoes
- Berries
- Bell peppers
- Cucumbers
- Watermelon
- Zucchini
- Corn
- Peaches
- Green beans
- Eggplant

I want to try: _____

Fall

- Apples
- Brussels sprouts
- Pears
- Broccoli
- Mushrooms
- Pumpkin & squash
- Sweet potatoes
- Cauliflower
- Grapes
- Cranberries

I want to try: _____

Winter

- Citrus
- Cabbage
- Leeks
- Beets
- Parsnips
- Kale
- Carrots
- Turnips
- Pomegranate
- Onions

I want to try: _____

Frozen and canned count too

Frozen vegetables and fruit are picked and packed at their best, keep for months and cut down on waste. Canned beans, tomatoes and fish are budget-friendly staples. Rinse canned beans to cut sodium.



Thank you!

Thank you for choosing this planner. I hope it makes your weeks a little calmer, your grocery trips a little faster and your plate a little more balanced.

How to print

- Open the file that matches your paper: Letter (US) or A4 (most other countries).
- Choose "Fit to page" (or "Fit") in your print settings so nothing gets cut off at the edges.
- Print the whole file double-sided to make a planner binder, or print one week at a time.
- Pages to reprint each week: Weekly Planner (pick detailed or simple), Grocery List, Inventory, Meal Prep Plan, Leftovers, Water & Habits and Weekly Review.
- Print once: Start Here, Goals, Protein Guide, Favorites, Recipes to Try, Eating-Out Notes and Seasonal Produce.
- Print once a month: Monthly Overview and Grocery Budget Tracker.
- For personal use. Print as many copies as you need for your own home.

Loved it? Let me know

If this planner helps you, reply to any of my emails and tell me how your planning is going. Questions about your file? Email coach@coachluke.com and I'll help.

Coach Luke

NASM-CPT, NESTA Nutrition Coach | Real advice. No gimmicks.

This planner is for general planning and education, not medical or dietary advice.



Your free bonus

Thank you for buying from my own shop. Two extras come with your planner.

1 Coaching check-in emails

Over the next 30 days I'll send you 10 short planning check-ins: your first Sunday plan, protein-first planning, shopping your kitchen, the grocery list by section, prepping 2-3 building blocks, leftovers night, a budget check, eating out, the weekly review and how to keep going.

They start automatically after your purchase. Look for emails from Coach Luke, and check your Promotions folder if you don't see them.

2 Free Resource Library

Free printable guides, checklists and trackers from coachluke.com, in one place. Scan the code with your phone camera or type the link below.

coachluke.com/free-library

Questions about your planner? Email me at coach@coachluke.com

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