

Weekly Menu Planner

Go boldly toward well-being and plan your meals.

Set yourself up for success and start a menu planner.

Tracking what you eat could help you lose weight and keep it off!

Achieve your healthy eating goals with these tips:

Plan ahead

Use the worksheet below to plan your meals for the week.

Gather recipes

Start a collection of healthy recipes you'd like to try.

Check your pantry

Make the most of what you already have and save.

Make a grocery list

Organize a list of all the food you'll need in order to cook.

Prepare meals

Cook extra portions to get a few meals out of every recipe.

Track what you eat

Use our food journal or the Balance Your Diet Plan from the Daily Habits tool, powered by WebMD, to record what and how much you eat.



Weekly Menu Planner

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Grocery List

Fruit	Vegetables
Pantry	Meat and Fish
Dairy	Frozen

SOURCE
National Center for Biotechnology Information: "The Effect of Adherence to Dietary Tracking on Weight Loss: Using HLM to Model Weight Loss over Time"
Reviewed by Melinda Ratini, DO MS July 8, 2019

