

How to Plan 7 Days of Meals Worksheet

1. Secret #1 What is your mindset shift?

2. Secret #2 What are the 3 nutrients to focus on?

3. Secret #3 How can I make my rhythms sustainable?

Write down 7 meals you already know how to make:

Circle themes you would do or would like to have in rotation:

Soup	Entree	Salad	Crockpot/Instapot	Asian	Casserole
Mexican	Pasta	Sandwich	Grill	Greek	Italian
Breakfast	Chicken	Beef	Pork	Seafood	Pizza
					Fish

5. Now put it all together

Day	Theme	Meal B/L/D	Greens	High Fiber Side