Free Printable

Healthy Meal Prep Planner

A meal-prep planner for healthy eating: protein, veg and prep-ahead slots per meal

Inside this PDF
A meal-prep planner for healthy eating: protein, veg and prep-ahead slots per meal
4 weekly spreads - print a fresh one every week
Sunday prep-ahead checklist and healthy swaps page
Prints on Letter or A4 - free for personal use

styleyouritems.com

Free for personal use. No sign-up, no email.

Healthy Meal Prep Planner - Week 1

Week of: _____

Breakfast

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Lunch

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Dinner

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Healthy Meal Prep Planner - Week 2

Week of: _____

Breakfast

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Lunch

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Dinner

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Healthy Meal Prep Planner - Week 3

Week of: _____

Breakfast

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Lunch

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Dinner

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Healthy Meal Prep Planner - Week 4

Week of: _____

Breakfast

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Lunch

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Dinner

Day	Protein	Veg	Prep-ahead
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Sunday Prep-Ahead Checklist

Tick each job as you finish it on Sunday, and the week cooks itself.

Wash and chop vegetables for the week	

Cook a batch of grains (rice, quinoa or pasta)	
Grill or roast protein for lunches	
Portion snacks into small boxes	
Make dressings and sauces	
Freeze any extra portions	
Write the week on the fridge	

Healthy Swaps

Stuck for a healthy option? Start with these swaps.

Instead of	Try this
White rice	Brown rice or cauliflower rice
Sugary cereal	Oats with fruit
Crisps	Carrot sticks and hummus
Fizzy drinks	Water with lemon
Mayonnaise	Greek yogurt
White bread	Wholemeal bread

My favourite healthy meals:
