

# **Meal Formula & Grocery Planning Worksheet**

*(Accompanies the Meal Planning and  
Grocery Shopping Guide)*



# 1. Choose Your Meal Formulas for the Week

Most people do well with **2–3 formulas** for simplicity, or **3–4** if they want more variety.

Circle or check the ones you want to use:

- Grain + Protein + Veggie
- Noodle + Protein + Veggie
- Wrap + Protein + Veggie + Sauce
- Potato + Protein + Topping
- Bowl (Protein + Fiber + Flavor)
- Breakfast (Base + Fruit + Fat)

# 2. Meal Ideas for the Week (Using Your Formulas)

Use this space to sketch out the types of meals you want for the week.

Think in broad themes — a Mexican-style bowl, a tuna wrap, a sweet potato with cottage cheese, or a veggie-packed ramen bowl. Pinterest or a quick online search can give you simple ideas to build from.

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# 3. Pick Your Ingredients (Based on Your Formulas)

Aim to include **proteins, grains/carbs, veggies, and fruits** — these are the essentials.

Which specific foods you choose is completely up to your taste, budget, and needs.

## Proteins

- 1.
- 2.
- 3.

## Veggies

- 1.
- 2.
- 3.

## Grains / Carbs

- 1.
- 2.

## Fruits

- 1.
- 2.

**Sauces / Seasonings**

- 1.
- 2.

**Healthy Snacks**

- 1.
- 2.
- 3.

**4. Build Your Grocery List (By Section)**

*(Use the guide's examples for inspiration, but choose what works for you.)*

**Freezer Section**

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**Dairy & Cold**

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**Canned & Shelf-Stable**

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**Fresh Produce**

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**Snacks**

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**5. Notes / Things to Remember**

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