

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

-
-
-

Dairy & Cold

-
-
-

Canned & Shelf-Stable

-
-
-

Fresh Produce

-
-
-

Snacks

-
-
-

5. Notes / Things to Remember
