

Weekly Meal Plan

Having a visual guide to what you plan to eat for the week helps you see how many servings of food you need, which affects how much food you buy and when you cook. A chart like this (also available for download from my website, cookingketowithkristie.com) lets you see the whole week at a glance.

	BREAKFAST	LUNCH	DINNER	PREP & COOKING TASKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				