

Meal Prep Guide



Grocery List

What I already have:

What I need:

Protein:

Produce:

Protein:

Produce:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fats:

Pantry/Other:

Fats:

Pantry/Other:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Meal 8