

Meal Planner

calorie target: _____

Green Purple Red Yellow Blue
 Orange Teaspoons

Breakfast: _____



Snack: _____



Lunch: _____



Snack: _____



Dinner: _____



Shopping List

(this list is for 2 people, please calculate accordingly)

Favorite AFFORDABLE Stores: Trader Joes, HEB Plus, Sprouts, Kroger Signature, Central Market

VEGGIES

 CONTAINERS PER DAY

FRUITS

 CONTAINERS PER DAY

CARBS

 CONTAINERS PER DAY

HEALTHY FATS

 CONTAINERS PER DAY

SEEDS & DRESSINGS

 CONTAINERS PER DAY

PROTEINS

 CONTAINERS PER DAY

TEASPOONS

 TEASPOONS PER DAY

FREE FOODS