

The graphic is a top-down view of a wooden table filled with various fresh ingredients. At the top left is a halved avocado with a slice of orange and basil. Next to it is a small bowl of blueberries and several cherry tomatoes, some whole and some sliced. To the right is a bowl of cooked quinoa. The bottom section features three large bowls of prepared meals: a grilled salmon fillet on a bed of greens with tomatoes and avocado; a bowl of quinoa topped with blueberries, raspberries, and strawberries; and a bowl of shrimp, broccoli, corn, and lentils with banana slices. Other ingredients like almonds, carrots, and more berries are scattered around the bowls. A central white oval with a gold border contains the title and subtitle, flanked by green leafy branches. The author's name is in a small green pill-shaped box below the oval.

Healthy WEEKLY MEAL PLANNER

- Breakfast, Lunch, Dinner & Snacks •
- 7 Days of Balanced Meals •

by
gracefulfast.life

Your Free Weekly Meal Planner 📅

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Monday

Meal Type	Meal	Calories	Prep & Cook	Check
 Breakfast	Veggie Omelette + Whole Grain Toast	320 kcal	10+10 min	☐
 Snack 1	Apple Slices + Almond Butter	150 kcal	5 min	☐
 Lunch	Grilled Chicken Salad with Vinaigrette	350 kcal	10+15 min	☐
 Snack 2	Greek Yogurt + Honey	120 kcal	3 min	☐
 Dinner	Grilled Salmon + Broccoli + Quinoa	400 kcal	10+15 min	☐

EXTRA SNACK :

KEEP A HANDFUL OF NUTS OR A
PIECE OF FRUIT HANDY IN CASE
OF HUNGER BETWEEN MEALS.

HYDRATION



PREP TIPS:

PRE-CHOP VEGGIES FOR THE
OMELETTE THE NIGHT BEFORE.

IF YOU DON'T HAVE ALMOND
BUTTER, USE PEANUT BUTTER OR
SUNFLOWER SEED BUTTER.



Tuesday

Meal Type	Meal	Calories	Prep & Cook	Check
 Breakfast	Greek yogurt bowl with berries + chia seeds	320 kcal	10+10 min	☐
 Snack 1				☐
 Lunch				☐
 Snack 2				☐
 Dinner				☐

EXTRA SNACK :

APPLE SLICES WITH PEANUT
BUTTER

PREP TIPS:

PRE-CHOP VEGGIES FOR THE
OMELETTE THE NIGHT BEFORE.

HYDRATION



Wednesday

Meal Type	Meal	Calories	Prep & Cook	Check
 Breakfast	Quinoa breakfast bowl with fruit	250 kcal	5+15 min	☐
 Snack 1				☐
 Lunch				☐
 Snack 2				☐
 Dinner				☐

EXTRA SNACK :

1-2 BOILED EGGS

PREP TIPS:

PRE-CHOP VEGGIES FOR THE
OMELETTE THE NIGHT BEFORE.

HYDRATION





Thursday

Meal Type	Meal	Calories	Prep & Cook	Check
 Breakfast				☐
 Snack 1				☐
 Lunch	Turkey and hummus wrap	300 kcal	5 min	☐
 Snack 2				☐
 Dinner				☐

EXTRA SNACK :

A BANANA OR ANY FRESH FRUIT

PREP TIPS:

PRE-CHOP VEGGIES FOR THE
OMELETTE THE NIGHT BEFORE.

HYDRATION



Friday

Meal Type	Meal	Calories	Prep & Cook	Check
 Breakfast				☐
 Snack 1				☐
 Lunch	Tuna Quinoa Salad	320 kcal	5+15 min	☐
 Snack 2				☐
 Dinner				☐

EXTRA SNACK :

CARROT STICKS WITH HUMMUS

PREP TIPS:

PRE-CHOP VEGGIES FOR THE
OMELETTE THE NIGHT BEFORE.

HYDRATION





Saturday

Meal Type	Meal	Calories	Prep & Cook	Check
 Breakfast	Protein Pancake + Peanut Butter	300 kcal	5+10 min	☐
 Snack 1				☐
 Lunch				☐
 Snack 2				☐
 Dinner				☐

EXTRA SNACK :

COTTAGE CHEESE WITH BERRIES

PREP TIPS:

PRE-CHOP VEGGIES FOR THE OMELETTE THE NIGHT BEFORE.

HYDRATION





Sunday

Meal Type	Meal	Calories	Prep & Cook	Check
 Breakfast	Tofu Scramble + Veggies	250 kcal	10+10 min	☐
 Snack 1				☐
 Lunch				☐
 Snack 2				☐
 Dinner				☐

EXTRA SNACK :

GREEK YOGURT (PLAIN OR WITH HONEY)

OR

SMALL FRUIT BOWL (BERRIES, GRAPES)

HYDRATION



PREP TIPS:

PRE-CHOP VEGGIES FOR THE OMELETTE THE NIGHT BEFORE.